## Copilot

Sure, here is a comprehensive list of attributes for Sun-Dried Tomatoes:

1. **Type**: Sun-dried tomatoes are ripe tomatoes that lose most of their water content after spending a majority of their drying time in the sun [3].
2. **Preparation**: The tomatoes are usually pre-treated with sulfur dioxide or salt before being placed in the sun in order to improve color and appearance [3]. This process makes their skin thicker, which helps to stop bacteria and microorganisms from spoiling the fruit [1]. The drying also slows down the natural enzymes that make fruit turn mushy [1].
3. **Flavor and Texture**: When you bite a sun-dried tomato, you’ll experience a delightful combination of sweetness, umami, and a slight tanginess [4]. The natural sugars in the tomatoes become more pronounced during the drying process, lending a pleasant sweetness to each bite [4]. Alongside the sweetness, you’ll encounter a savory umami quality that enhances the overall taste [4].
4. **Health Benefits**: Sun-dried tomatoes are rich in vitamins, minerals, and antioxidants [1]. They have a particularly high concentration of lycopene, a powerful antioxidant [1]. Some early research shows it may help protect your skin from the sun [1]. Other studies show that lycopene may lower the risk of certain cancers, including esophageal and pancreatic cancer [1].
5. **Nutrition**: Sun-dried tomatoes are an excellent source of lycopene, which may help reduce the risk of some health conditions like certain cancers and age-related macular degeneration [1]. Sun-dried tomatoes are also a good source of Vitamin C, Vitamin K, Niacin, Manganese, Potassium, Copper [1]. Every 100 grams of sun-dried tomatoes contains approximately: Calories: 258, Protein: 14 grams, Fat: 3 grams, Carbohydrates: 56 grams, Fiber: 12 grams, Sugar: 38 grams [1].
6. **Usage**: Sun-dried tomatoes can be a fantastic mid-day snack, especially if you pair them with freshly baked bread [2]. They also go great in salads, pasta dishes, and focaccia bread [2]. You can even grind them up and turn them into red pesto sauce [2].

Please note that while sun-dried tomatoes are highly nutritious, they should be eaten in moderation as part of a balanced, healthy diet [2]. If you are new to using sun-dried tomatoes, it is a good idea to start by using them in a recipe that you are familiar with [2].

Source: Conversation with Bing, 5/13/2024

1. [Sun-dried tomato - Wikipedia](https://en.wikipedia.org/wiki/Sun-dried_tomato)
2. [Health Benefits of Sun Dried Tomatoes - WebMD](https://www.webmd.com/diet/health-benefits-sun-dried-tomatoes)
3. [A Guide to Sun Dried Tomatoes: Everything You Need To Know](https://blog.claudiacaldwell.com/a-guide-to-sun-dried-tomatoes/)
4. [We Asked a Doctor: Are Sun-Dried Tomatoes Good for You?](https://homecookworld.com/are-sun-dried-tomatoes-good-for-you/)
5. [Sun-dried tomatoes: properties and nutritional values - Olio Carli](https://www.oliocarli.us/magazine/cornucopia-of-taste/sun-dried-tomatoes-properties-and-nutritional-values)
6. [Shutterstock](https://shutterstock.com/image-photo/preview_1000-309624497)