



10-Minute Tomato Basil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

1

CALORIES

calories

158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 teaspoons red wine vinegar to taste
- ☐ 1 large tomatoes cut into wedges

Equipment

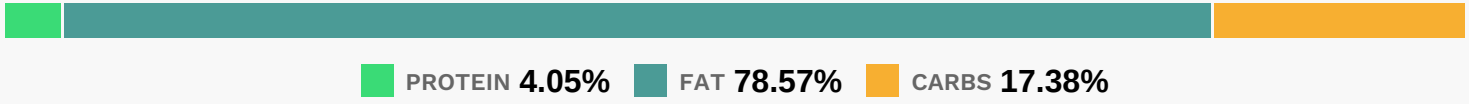
- ☐ bowl

Directions

☐

Combine tomato, basil, olive oil, vinegar, salt, and black pepper in a large bowl; toss until tomato wedges are evenly coated.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:8.6195652748094%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 158.4kcal (7.92%), Fat: 14.38g (22.12%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.94g (1.8%), Sugar: 4.79g (5.33%), Cholesterol: 0mg (0%), Sodium: 10.06mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin A: 1621.56IU (32.43%), Vitamin C: 25.33mg (30.7%), Vitamin K: 31.11µg (29.62%), Vitamin E: 3.01mg (20.1%), Potassium: 440.3mg (12.58%), Manganese: 0.23mg (11.69%), Fiber: 2.22g (8.86%), Vitamin B6: 0.15mg (7.43%), Folate: 28.66µg (7.16%), Copper: 0.12mg (5.79%), Vitamin B3: 1.1mg (5.5%), Magnesium: 21.6mg (5.4%), Phosphorus: 45.4mg (4.54%), Vitamin B1: 0.07mg (4.53%), Iron: 0.67mg (3.71%), Calcium: 22.33mg (2.23%), Zinc: 0.33mg (2.19%), Vitamin B2: 0.04mg (2.12%), Vitamin B5: 0.17mg (1.66%)