



 13%
HEALTH SCORE

Artichoke Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds tomatoes cut into wedges
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 7.5 ounces marinated artichoke drained quartered
- 2.3 ounces olives ripe drained sliced canned
- 2 tablespoons parsley fresh minced
- 2 tablespoons citrus champagne vinegar
- 2 garlic clove minced

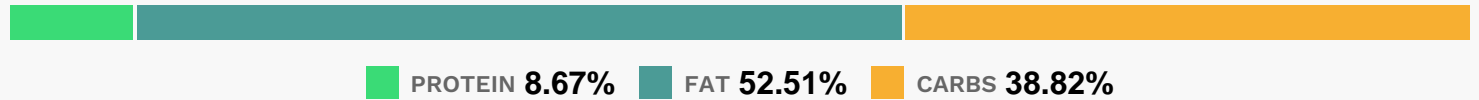
Equipment

bowl

Directions

Arrange tomato wedges on a large platter; sprinkle with salt and pepper. In a small bowl, toss remaining ingredients; spoon over tomatoes.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:6.3695652795875%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 63.56kcal (3.18%), Fat: 3.85g (5.93%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.19g (1.52%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 304.72mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 22.7mg (27.51%), Vitamin A: 1326.37IU (26.53%), Vitamin K: 25.59µg (24.37%), Fiber: 2.22g (8.88%), Potassium: 282.96mg (8.08%), Manganese: 0.15mg (7.66%), Vitamin E: 0.92mg (6.17%), Vitamin B6: 0.1mg (5.18%), Folate: 18.8µg (4.7%), Copper: 0.08mg (4.07%), Magnesium: 14.3mg (3.57%), Vitamin B3: 0.71mg (3.56%), Iron: 0.63mg (3.53%), Vitamin B1: 0.05mg (3.07%), Phosphorus: 29.66mg (2.97%), Calcium: 24.09mg (2.41%), Zinc: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.41%), Vitamin B5: 0.11mg (1.12%)