



## Balsamic Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup balsamic vinaigrette fat-free
- 2 green onions
- 4 plum tomatoes

### Equipment

### Directions

Combine 4 plum tomatoes, 2 green onions, chopped, and 1/4 cup fat-free balsamic vinaigrette.

Sprinkle with cracked black pepper, if desired.

## Nutrition Facts

**PROTEIN 3.86%** **FAT 73.53%** **CARBS 22.61%**

### Properties

Glycemic Index:17.5, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:3.2617391161621%

### Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

### Nutrients (% of daily need)

Calories: 67.16kcal (3.36%), Fat: 5.54g (8.53%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 136.81mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin K: 17.32µg (16.49%), Vitamin C: 9.62mg (11.66%), Vitamin A: 576.28IU (11.53%), Potassium: 163.5mg (4.67%), Manganese: 0.08mg (4.01%), Fiber: 0.9g (3.6%), Folate: 13.14µg (3.29%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.37mg (2.45%), Copper: 0.04mg (2.08%), Magnesium: 8.02mg (2.01%), Vitamin B3: 0.4mg (2%), Vitamin B1: 0.03mg (1.75%), Phosphorus: 17.1mg (1.71%), Iron: 0.26mg (1.42%), Calcium: 11.99mg (1.2%)