



Charred Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings garnish: basil leaves fresh
- ☐ 0.3 cup basil fresh sliced
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 large tomatoes

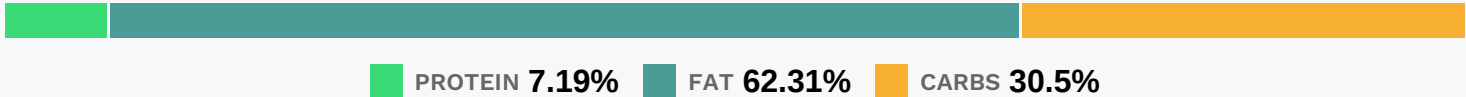
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut tomatoes into quarters; remove and discard seeds. Pat dry, and brush each side evenly with 2 tablespoons olive oil.
- ☐ Cook tomato quarters, in batches, in a hot cast-iron skillet over high heat 1 1/2 to 2 minutes on each side or until blackened.
- ☐ Remove from skillet, and cool, reserving juice from skillet.
- ☐ Toss tomato with reserved juice, basil, and next 4 ingredients in a large bowl. Cover and let stand, stirring occasionally, 1 hour.
- ☐ Garnish, if desired.
- ☐ Prep: 20 min., Cook: 20 min., Stand: 1 hr.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:8.4660869689415%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 89.64kcal (4.48%), Fat: 6.59g (10.13%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 300.5mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin A: 1674.99IU (33.5%), Vitamin C: 25.5mg (30.91%), Vitamin K: 30.76µg (29.3%), Manganese: 0.26mg (13.06%), Potassium: 444.17mg (12.69%), Vitamin E: 1.9mg

(12.67%), Fiber: 2.26g (9.05%), Vitamin B6: 0.15mg (7.53%), Folate: 29.36µg (7.34%), Copper: 0.12mg (6.07%), Magnesium: 22.39mg (5.6%), Vitamin B3: 1.11mg (5.55%), Phosphorus: 46.01mg (4.6%), Vitamin B1: 0.07mg (4.57%), Iron: 0.66mg (3.67%), Calcium: 24.64mg (2.46%), Zinc: 0.34mg (2.25%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.17mg (1.7%)