



Cherry Tomato and Greens Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 1 small garlic clove pressed
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 0.5 ounce parmesan cheese fresh shredded
- ☐ 1 tablespoon red wine vinegar
- ☐ 5 ounce gourmet salad greens (6 cups)
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon sacramento tomato juice

Equipment

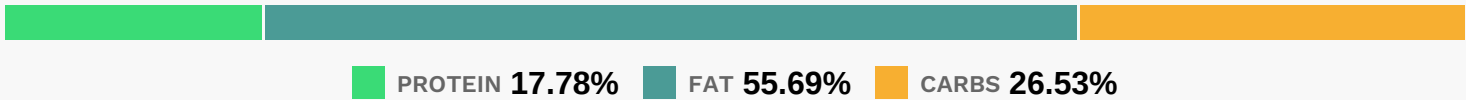
☐ bowl

☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring with a whisk.
- ☐ Combine greens and tomatoes in a large bowl; add dressing, and toss well.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:3.9304347993887%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 46.56kcal (2.33%), Fat: 2.99g (4.6%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.1g (1.22%), Cholesterol: 2.41mg (0.8%), Sodium: 216.27mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin C: 17.64mg (21.39%), Vitamin A: 629.44IU (12.59%), Manganese: 0.12mg (5.86%), Calcium: 53mg (5.3%), Phosphorus: 51.06mg (5.11%), Folate: 18.97µg (4.74%), Potassium: 159.23mg (4.55%), Vitamin B6: 0.07mg (3.73%), Vitamin E: 0.52mg (3.45%), Iron: 0.57mg (3.16%), Copper: 0.05mg (2.63%), Magnesium: 9.66mg (2.42%), Vitamin K: 2.51µg (2.39%), Vitamin B2: 0.04mg (2.34%), Vitamin B3: 0.43mg (2.17%), Vitamin B1: 0.03mg (1.92%), Selenium: 1.25µg (1.78%), Zinc: 0.24mg (1.6%), Fiber: 0.31g (1.23%), Vitamin B5: 0.12mg (1.21%)