



WHATSheATE



Cherry Tomato and Lemon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 cups grape tomatoes halved quartered
- ☐ 2 large lemons
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

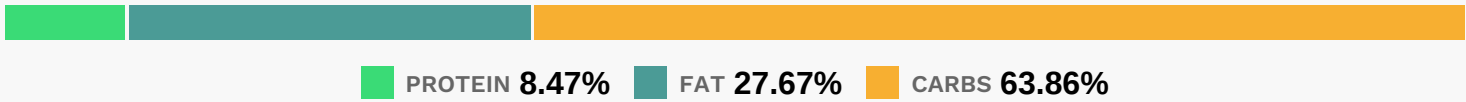
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Finely grate enough zest from 1 lemon to measure 2 teaspoons. Trim ends of both lemons, then stand lemons on a cut side and cut peel, including all white pith, from lemons with a sharp paring knife (discard peel).
- ☐ Cut segments free from membranes, then cut segments crosswise into 1/4-inch pieces. Toss lemon segments gently with sugar in a bowl.
- ☐ Stir in remaining ingredients and zest, then let stand, covered, at room temperature 15 minutes (to allow flavors to develop).

Nutrition Facts



Properties

Glycemic Index:52.65, Glycemic Load:4.17, Inflammation Score:-7, Nutrition Score:7.53000007505%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 65.99kcal (3.3%), Fat: 2.42g (3.72%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 9.6g (3.49%), Sugar: 7.33g (8.14%), Cholesterol: 0mg (0%), Sodium: 297.52mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin C: 45.24mg (54.83%), Vitamin A: 1041.38IU (20.83%), Vitamin K: 15.03µg (14.31%), Fiber: 2.94g (11.76%), Potassium: 347.83mg (9.94%), Manganese: 0.17mg (8.44%), Vitamin B6: 0.14mg (6.8%), Vitamin E: 0.98mg (6.52%), Folate: 25.09µg (6.27%), Copper: 0.09mg (4.58%), Magnesium: 17.78mg (4.44%), Vitamin B1: 0.06mg (4.32%), Iron: 0.69mg (3.83%), Phosphorus: 36.96mg (3.7%), Vitamin B3: 0.73mg (3.67%), Calcium: 28.07mg (2.81%), Vitamin B5: 0.21mg (2.11%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.24mg (1.58%)