



Cherry Tomato & Basil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black freshly ground
- 0.3 cup basil leaves fresh chopped
- 2 cloves garlic minced
- 2 cups grape tomatoes
- 0.3 cup classic ranch dressing kraft
- 2 cups cherry tomatoes red yellow

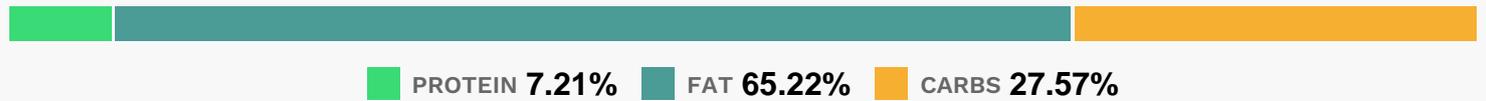
Equipment

- bowl

Directions

- Cut some tomatoes in half; place in large bowl.
- Add remaining tomatoes and basil; mix lightly.
- Mix dressing and garlic until blended.
- Add to tomato mixture; toss to coat.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:2.8717391215589%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 36.92kcal (1.85%), Fat: 2.82g (4.33%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.07g (1.19%), Cholesterol: 1.56mg (0.52%), Sodium: 62.55mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 13.06µg (12.44%), Vitamin C: 7.06mg (8.56%), Vitamin A: 282.77IU (5.66%), Manganese: 0.1mg (5.1%), Potassium: 156.85mg (4.48%), Folate: 14.09µg (3.52%), Phosphorus: 30.45mg (3.05%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.55%), Fiber: 0.61g (2.45%), Vitamin E: 0.3mg (2%), Magnesium: 7.86mg (1.96%), Vitamin B1: 0.03mg (1.71%), Iron: 0.28mg (1.57%), Vitamin B2: 0.03mg (1.54%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.05%), Calcium: 10.53mg (1.05%)