



Cherry Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce olives black drained sliced canned
- ☐ 40 cherry tomatoes halved
- ☐ 1 cup olives green pitted sliced
- ☐ 2 green onions minced
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 3 ounces pinenuts
- ☐ 2 tablespoons red wine vinegar

- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon sugar white

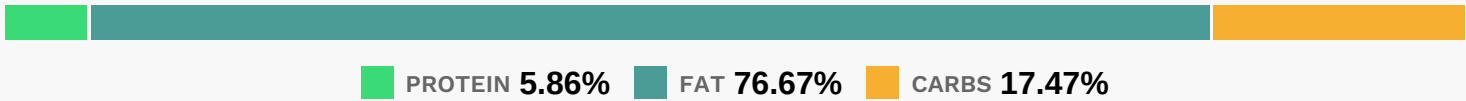
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a big bowl, combine cherry tomatoes, green olives, back olives, and spring onion.
- ☐ In a dry skillet, toast pine nuts over medium heat until golden brown, turning frequently. Stir into tomato mixture.
- ☐ In a small bowl, mix together olive oil, red wine vinegar, sugar, and oregano. Season to taste with salt and pepper.
- ☐ Pour over salad, and gently stir to coat. Chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:12.794347581656%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 232.17kcal (11.61%), Fat: 21.23g (32.66%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 1001.01mg (43.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Manganese: 1.39mg (69.63%), Vitamin C: 26.74mg (32.41%), Vitamin E: 4.5mg (29.97%), Vitamin K: 24.05µg (22.9%), Copper: 0.34mg (16.97%), Vitamin A: 803.7IU (16.07%), Magnesium: 53.28mg (13.32%), Fiber: 3.24g (12.97%), Phosphorus: 117.65mg (11.76%), Iron: 2.03mg (11.28%), Potassium: 370.35mg (10.58%), Zinc: 1.12mg (7.47%), Vitamin B1: 0.11mg (7.06%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.12mg (6.23%), Folate: 24.43µg (6.11%), Calcium: 49.86mg (4.99%), Vitamin B2: 0.07mg

(3.88%), Vitamin B5: 0.21mg (2.08%), Selenium: 1.17µg (1.68%)