



Cherry Tomato Salad with Walnut-Tarragon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 pounds cherry tomatoes halved
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons walnut oil toasted

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1.5 tablespoons walnuts toasted finely chopped

Equipment

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bowl

☐

whisk

Directions

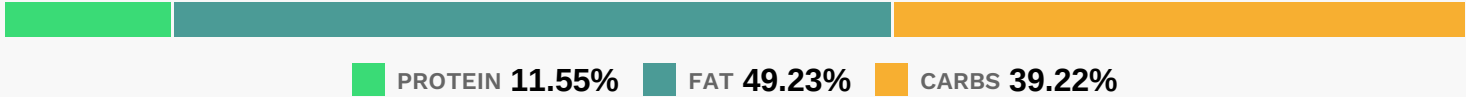
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Combine first 5 ingredients in a large bowl, stirring with a whisk.

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Add cherry tomatoes, chopped walnuts, and fresh tarragon, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:5.4821739559588%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 54kcal (2.7%), Fat: 3.21g (4.94%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.64g (1.69%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 137.85mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 26.15mg (31.69%), Manganese: 0.26mg (13.19%), Vitamin A: 578.02IU (11.56%), Potassium: 280.64mg (8.02%), Copper: 0.13mg (6.57%), Iron: 1.07mg (5.94%), Vitamin B6: 0.12mg (5.85%), Folate: 18.74µg (4.69%), Phosphorus: 45.24mg (4.52%), Fiber: 1.12g (4.47%), Vitamin E: 0.67mg (4.45%), Magnesium: 17.48mg (4.37%), Vitamin B1: 0.06mg (3.69%), Vitamin B3: 0.69mg (3.45%), Vitamin K: 3.55µg (3.38%), Calcium: 23.16mg (2.32%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.04mg (2.18%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.69%)