



Cherry Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 pint cherry tomatoes
- ☐ 2 tablespoons chives fresh chopped
- ☐ 6 servings pepper freshly ground
- ☐ 3 tablespoons olive oil divided
- ☐ 1 tablespoon red wine vinegar ()
- ☐ 1 shallots finely chopped

Equipment

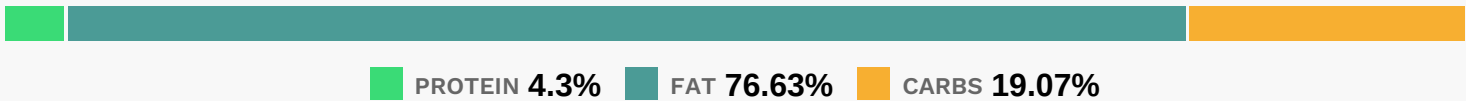
- ☐ sauce pan

☐ grill

Directions

- ☐ Cut half of cherry tomatoes in half.
- ☐ Heat 1 tablespoon oil in a medium saucepan over medium heat.
- ☐ Add shallot and cook, stirring often, until softened, about 4 minutes.
- ☐ Add halved and whole tomatoes and cook, stirring occasionally, until beginning to release juices, 4–6 minutes. Mash some of tomatoes with a spoon.
- ☐ Add 1 tablespoon vinegar and remaining 2 tablespoons oil; season with salt and pepper.
- ☐ Serve warm or room temperature; add chives just before serving.
- ☐ DO AHEAD: Vinaigrette can be made (without chives) 2 days ahead. Cover and chill. Bring to room temperature and stir in chives.
- ☐ Three more ways to use this vinaigrette• Marinate flank steak in a mixture of olive oil, cracked black pepper, and chopped garlic. Season steak with salt and grill. Slice, then serve with vinaigrette.• Toss vinaigrette and a handful of crumbled feta with cooked pasta. Finish with more chopped chives.• For a riff on ratatouille, grill or roast sliced zucchini, summer squash, onion, sweet red peppers, and eggplants until vegetables are soft. Toss together with vinaigrette.
- ☐ Bon Appétit
- ☐ Per serving: 80 calories, 7 g fat, 1 g fiber

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:3.9886956681376%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 80.1kcal (4.01%), Fat: 7.1g (10.93%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 9.56mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin C: 18.91mg (22.92%), Vitamin E: 1.45mg (9.7%), Vitamin A: 429.88IU (8.6%), Vitamin K: 8.75µg (8.33%), Manganese: 0.11mg (5.63%), Potassium: 191.17mg (5.46%), Vitamin B6: 0.08mg (3.92%), Iron: 0.66mg (3.68%), Copper: 0.07mg (3.3%), Folate: 12.74µg (3.18%), Fiber: 0.74g (2.94%), Phosphorus: 25.52mg (2.55%), Vitamin B3: 0.44mg (2.18%), Magnesium: 8.66mg (2.17%), Vitamin B1: 0.03mg (2.12%), Vitamin B5: 0.12mg (1.18%), Calcium: 11.8mg (1.18%), Vitamin B2: 0.02mg (1.15%)