



Cherry Tomatoes and Olive Salad



Vegetarian



Vegan

READY IN



5 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce olives black pitted canned
- ☐ 1 pint cherry tomatoes sliced in 1/2
- ☐ 4 large basil leaves fresh finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon dressing mix italian good recommended: Seasons
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 scallions cut in 1/2-inch pieces

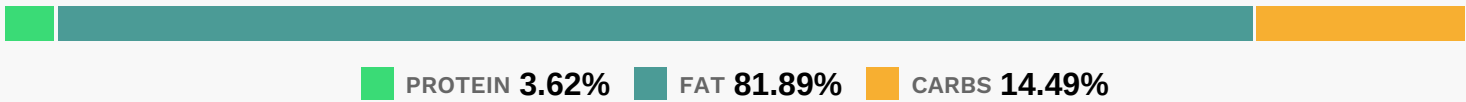
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl whisk together olive oil, vinegar and dressing mix.
- ☐ Add cherry tomatoes, olives, basil and sliced scallions to bowl. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:9.4430433770885%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 242.45kcal (12.12%), Fat: 23.62g (36.34%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 1682.81mg (73.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin E: 5.78mg (38.53%), Vitamin C: 28.19mg (34.17%), Vitamin K: 23.65µg (22.53%), Vitamin A: 1077.54IU (21.55%), Fiber: 4.5g (17.99%), Copper: 0.22mg (11.17%), Potassium: 322.64mg (9.22%), Iron: 1.49mg (8.25%), Calcium: 73.75mg (7.37%), Manganese: 0.14mg (7.02%), Vitamin B6: 0.13mg (6.57%), Magnesium: 24mg (6%), Folate: 22.68µg (5.67%), Vitamin B3: 0.92mg (4.59%), Vitamin B1: 0.07mg (4.57%), Phosphorus: 40.27mg (4.03%), Selenium: 1.61µg (2.29%), Vitamin B2: 0.04mg (2.27%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.24mg (1.58%)