



## Chopped Tomato Salad (Tamatar Nu Salade)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound tomatoes chopped
- 0.3 cup peanuts unsalted coarsely chopped
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon sugar
- 2 pepper flakes fresh finely chopped
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon mustard seeds black yellow

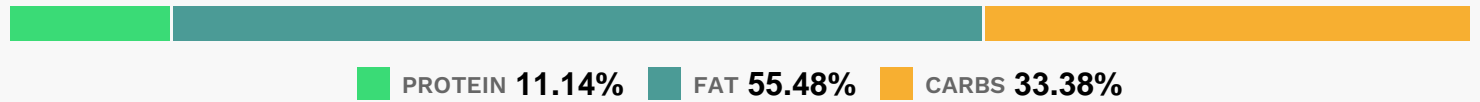
# Equipment

- bowl
- frying pan

# Directions

- Mix all ingredients except oil and mustard seed in medium bowl.
- Heat oil and mustard seed in 6-inch skillet over medium-high heat. Once seed begins to pop, cover skillet and wait until popping stops.
- Pour hot oil mixture over tomato mixture; toss well.

# Nutrition Facts



# Properties

Glycemic Index:46.27, Glycemic Load:4, Inflammation Score:-8, Nutrition Score:10.314347847648%

# Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

# Nutrients (% of daily need)

Calories: 128.62kcal (6.43%), Fat: 8.55g (13.15%), Saturated Fat: 1.28g (8%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.99g (3.27%), Sugar: 7.68g (8.53%), Cholesterol: 0mg (0%), Sodium: 299.51mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin C: 48.19mg (58.41%), Vitamin A: 1226.52IU (24.53%), Vitamin K: 21.5µg (20.48%), Manganese: 0.38mg (19.25%), Vitamin B6: 0.25mg (12.58%), Potassium: 409.92mg (11.71%), Vitamin B3: 2.31mg (11.57%), Vitamin E: 1.56mg (10.39%), Fiber: 2.58g (10.34%), Magnesium: 36.93mg (9.23%), Folate: 32.87µg (8.22%), Phosphorus: 76.7mg (7.67%), Copper: 0.14mg (7.13%), Vitamin B1: 0.08mg (5.25%), Iron: 0.77mg (4.3%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.56mg (3.7%), Selenium: 2.55µg (3.64%), Vitamin B5: 0.29mg (2.85%), Calcium: 22.66mg (2.27%)