



Chopped Tomato Salad (Tamatar Nu Salade)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

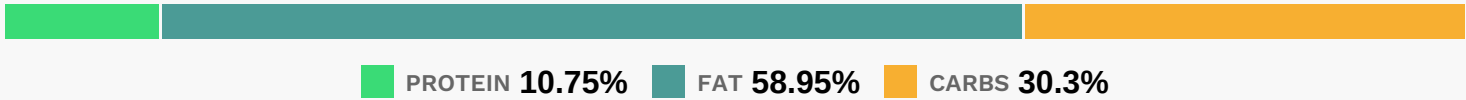
Equipment

- ☐ 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:43.02, Glycemic Load:3.3, Inflammation Score:-7, Nutrition Score:7.6878261462502%

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: 121.21kcal (6.06%), Fat: 8.53g (13.13%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.49g (2.72%), Sugar: 6.53g (7.26%), Cholesterol: 0mg (0%), Sodium: 297.64mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin A: 1220.37IU (24.41%), Vitamin C: 16.24mg (19.69%), Vitamin K: 18.75µg (17.86%), Manganese: 0.35mg (17.64%), Vitamin B3: 2.08mg (10.39%), Vitamin E: 1.55mg (10.35%), Potassium: 347.54mg (9.93%), Fiber: 2.38g (9.53%), Magnesium: 32.52mg (8.13%), Vitamin B6: 0.15mg (7.5%), Folate: 28.23µg (7.06%), Phosphorus: 68.49mg (6.85%), Copper: 0.12mg (5.77%), Vitamin B1: 0.06mg (4.28%), Selenium: 2.48µg (3.54%), Zinc: 0.51mg (3.4%), Iron: 0.58mg (3.23%), Vitamin B2: 0.05mg (2.84%), Vitamin B5: 0.24mg (2.4%), Calcium: 20.25mg (2.02%)