



Chunky Cherry Tomatoes with Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups cherry tomatoes quartered
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 cup basil fresh loosely packed thinly sliced
- ☐ 1 large garlic clove minced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

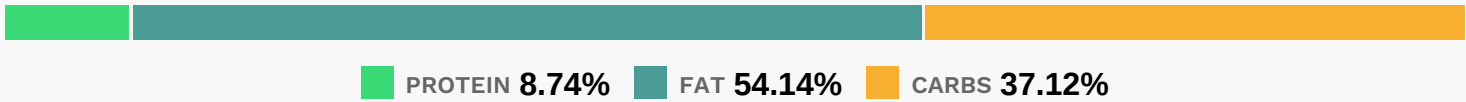
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a medium bowl; let stand 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:2.2130434914776%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 19.37kcal (0.97%), Fat: 1.22g (1.88%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.58g (0.57%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 101.55mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin C: 8.94mg (10.83%), Vitamin K: 10.12µg (9.64%), Vitamin A: 287.9IU (5.76%), Manganese: 0.07mg (3.71%), Vitamin E: 0.39mg (2.62%), Potassium: 90.67mg (2.59%), Iron: 0.35mg (1.93%), Copper: 0.04mg (1.87%), Vitamin B6: 0.04mg (1.79%), Folate: 6.22µg (1.55%), Magnesium: 4.98mg (1.24%), Phosphorus: 12.35mg (1.24%), Fiber: 0.31g (1.23%), Vitamin B3: 0.22mg (1.09%)