



## Chunky Tomato Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon basil fresh chopped
- 0.8 teaspoon marjoram fresh minced
- 1 teaspoon thyme leaves fresh minced
- 0.3 cup green onions minced
- 2 tablespoons olive oil
- 0.8 teaspoon oregano fresh minced
- 0.1 teaspoon pepper freshly ground

- 3 tablespoons red wine vinegar
- 0.5 teaspoon sugar
- 1.5 cups tomatoes peeled seeded finely chopped

## Equipment

- bowl
- whisk

## Directions

- Combine first 7 ingredients in a medium bowl; toss well.
- Combine vinegars, oil, and sugar, stirring well with a wire whisk.
- Pour over tomato mixture; toss gently.
- Let stand at room temperature 1 hour.
- Serve with pasta, poultry, or fish, or use in marinades for poultry or vegetable salads.

## Nutrition Facts

**PROTEIN 3.37%** **FAT 73.88%** **CARBS 22.75%**

## Properties

Glycemic Index:46.76, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:2.1686956639523%

## Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 43.41kcal (2.17%), Fat: 3.58g (5.5%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin K: 13.19µg (12.56%), Vitamin C: 4.91mg (5.95%), Vitamin A: 293.09IU (5.86%), Vitamin E: 0.71mg (4.72%), Manganese: 0.07mg (3.26%), Potassium: 86.64mg (2.48%), Fiber: 0.54g (2.17%), Iron: 0.32mg (1.78%), Folate: 6.94µg (1.73%), Magnesium: 5.53mg (1.38%), Vitamin B6:

0.03mg (1.38%), Copper: 0.02mg (1.23%), Calcium: 11.1mg (1.11%)