



WHATSheAte



Cook the Book: Tomato, Pomegranate and Sumac Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 6 plum tomatoes ripe
- ☐ 2 tablespoons pomegranate molasses
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 pomegranate seeds
- ☐ 1 teaspoon sumac powder crushed

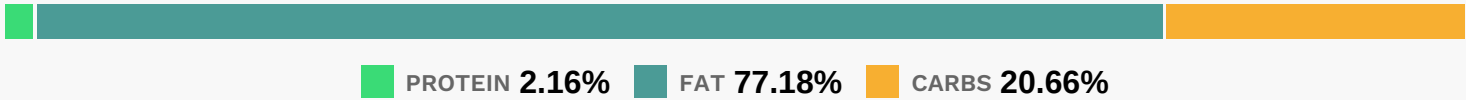
Equipment

☐ bowl

Directions

- ☐ Slice the tomatoes and place in a large bowl.
- ☐ Add the pomegranate seeds and combine.
- ☐ Mix together the olive oil, pomegranate molasses, sumac, and cumin in a bowl.
- ☐ Pour over the salad, season with salt and pepper and gently toss.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:3.0921738929237%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 104.82kcal (5.24%), Fat: 9.16g (14.1%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 197.35mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin E: 1.64mg (10.92%), Vitamin A: 518.58IU (10.37%), Vitamin C: 8.52mg (10.33%), Vitamin K: 10.35µg (9.86%), Potassium: 150.44mg (4.3%), Manganese: 0.08mg (3.85%), Fiber: 0.77g (3.07%), Vitamin B6: 0.05mg (2.52%), Folate: 9.38µg (2.35%), Copper: 0.04mg (1.92%), Vitamin B3: 0.38mg (1.88%), Magnesium: 7.45mg (1.86%), Iron: 0.33mg (1.84%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 15.77mg (1.58%)