



Cook the Book: Tomatoes All Dressed Up for Summer



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices top
- ☐ 0.5 cup olive oil extra virgin good
- ☐ 1 handful chives fresh chopped
- ☐ 1 handful parsley fresh chopped
- ☐ 1 clove garlic peeled
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings salt and pepper

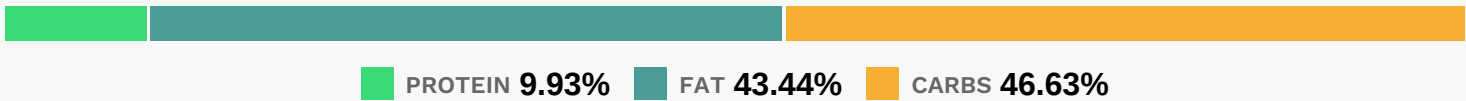
4 tomatoes cored sliced

Equipment

Directions

- "Butter" the tomato slices with the mayonnaise and arrange them on a serving platter.
- Drizzle the tomatoes with the remaining oil, season well with salt and pepper, and scatter the fresh herbs on top. You can place the tomatoes on top of the toasts or just serve the toasts on the side.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:52.64, Inflammation Score:-8, Nutrition Score:24.165217407372%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 610.21kcal (30.51%), Fat: 29.71g (45.7%), Saturated Fat: 4.74g (29.6%), Carbohydrates: 71.73g (23.91%), Net Carbohydrates: 67.37g (24.5%), Sugar: 9.34g (10.38%), Cholesterol: 11.76mg (3.92%), Sodium: 1149.13mg (49.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.57%), Vitamin K: 78.05µg (74.33%), Vitamin B1: 0.96mg (64.02%), Selenium: 37.37µg (53.38%), Folate: 179.88µg (44.97%), Manganese: 0.83mg (41.56%), Vitamin B3: 6.93mg (34.63%), Vitamin B2: 0.58mg (34.01%), Iron: 5.52mg (30.66%), Vitamin A: 1170.63IU (23.41%), Vitamin C: 19mg (23.03%), Vitamin E: 2.64mg (17.59%), Fiber: 4.37g (17.46%), Phosphorus: 172.11mg (17.21%), Magnesium: 55.88mg (13.97%), Copper: 0.28mg (13.9%), Potassium: 458.47mg (13.1%), Vitamin B6: 0.25mg (12.46%), Zinc: 1.61mg (10.72%), Calcium: 84.93mg (8.49%), Vitamin B5: 0.6mg (5.97%)