



Creole Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons chives fresh chopped
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 4 teaspoons olive oil
- ☐ 4 teaspoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 tomatoes ripe cut into 1/4-inch-thick slices (2 pounds)

☐

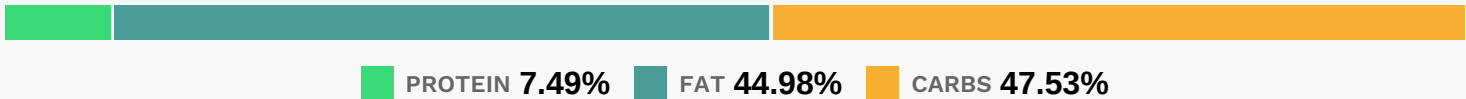
1 vidalia sweet separated thinly sliced

Equipment

Directions

- ☐ To prepare salad, alternate tomato and onion slices on a platter.
- ☐ Sprinkle with salt. Top with mint and chives.
- ☐ To prepare vinaigrette, combine oil, vinegar, mustard, and garlic in a jar. Cover tightly; shake vigorously.
- ☐ Drizzle vinaigrette over salad, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:6.0356521399125%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 81.74kcal (4.09%), Fat: 4.31g (6.63%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.22g (2.99%), Sugar: 6.61g (7.35%), Cholesterol: 0mg (0%), Sodium: 171.27mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin C: 17.45mg (21.15%), Vitamin A: 845.06IU (16.9%), Vitamin K: 11.03µg (10.51%), Manganese: 0.2mg (9.94%), Potassium: 331.1mg (9.46%), Vitamin B6: 0.19mg (9.46%), Folate: 34.92µg (8.73%), Fiber: 2.03g (8.1%), Vitamin E: 1.1mg (7.31%), Copper: 0.11mg (5.42%), Magnesium: 19.7mg (4.93%), Vitamin B1: 0.07mg (4.84%), Phosphorus: 48.01mg (4.8%), Vitamin B3: 0.69mg (3.46%), Iron: 0.61mg (3.38%), Calcium: 31.17mg (3.12%), Vitamin B2: 0.04mg (2.31%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.17mg (1.75%), Selenium: 0.9µg (1.28%)