



Deep-Summer Tomato-Basil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 basil leaves plus a basil flower
- 1 cup cherry tomatoes assorted
- 8 servings coarse salt (sea salt or kosher salt)
- 8 servings good-quality olive oil extra-virgin
- 3 large vine-ripe tomatoes green red yellow (, , and)

Equipment

Directions

- Slice large tomatoes crosswise and arrange on a platter, overlapping them and alternating colors. Tuck a basil leaf between every second or third slice.
- Arrange cherry tomatoes in center of sliced tomatoes and top with basil flower.
- Serve with olive oil and coarse salt on the side for sprinkling.

Nutrition Facts

PROTEIN 2.19% **FAT 88.35%** **CARBS 9.46%**

Properties

Glycemic Index:13.5, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:4.4239130337601%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 139.49kcal (6.97%), Fat: 14.16g (21.78%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.46g (0.89%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 199.55mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin E: 2.49mg (16.61%), Vitamin C: 13.67mg (16.57%), Vitamin K: 16µg (15.24%), Vitamin A: 680.7IU (13.61%), Potassium: 203.71mg (5.82%), Manganese: 0.1mg (5.12%), Fiber: 0.96g (3.82%), Vitamin B6: 0.07mg (3.5%), Folate: 12.93µg (3.23%), Copper: 0.06mg (2.8%), Vitamin B3: 0.51mg (2.54%), Magnesium: 9.44mg (2.36%), Iron: 0.4mg (2.24%), Phosphorus: 21.82mg (2.18%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.02mg (1.02%)