



End-of-Summer Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 1.5 teaspoons champagne vinegar
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped

- ☐ 1 teaspoon tarragon fresh minced
- ☐ 1 cup grape tomatoes
- ☐ 1 cup pear tomatoes yellow
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound tomatoes cut into 1/4-inch-thick wedges
- ☐ 0.8 pound tomatoes yellow cut into 1/4-inch-thick wedges

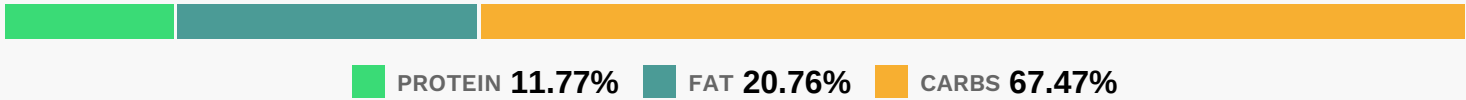
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 10 ingredients in a large bowl.
- ☐ Combine oil, vinegar, salt, and pepper, stirring with a whisk.
- ☐ Drizzle oil mixture over tomato mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:1.29, Inflammation Score:-5, Nutrition Score:4.4473913130553%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

0.07mg, Myricetin: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 33.09kcal (1.65%), Fat: 0.86g (1.33%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 92.91mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 14.73mg (17.85%), Vitamin A: 583.86IU (11.68%), Vitamin K: 8.57µg (8.16%), Manganese: 0.16mg (8.1%), Potassium: 270.85mg (7.74%), Fiber: 1.58g (6.33%), Folate: 23.39µg (5.85%), Copper: 0.1mg (4.93%), Vitamin B3: 0.85mg (4.23%), Vitamin B6: 0.08mg (4.13%), Magnesium: 14.31mg (3.58%), Iron: 0.59mg (3.29%), Phosphorus: 32.24mg (3.22%), Vitamin E: 0.47mg (3.1%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.04mg (2.37%), Calcium: 18.32mg (1.83%), Zinc: 0.24mg (1.63%), Vitamin B5: 0.12mg (1.15%)