



HEALTH SCORE

100%

Essence of tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN

**50 min.**

SERVINGS

**4**

CALORIES

**315 kcal**

SIDE DISH

Ingredients

- ☐ 2.5 kg cherry vine-ripened tomato roughly chopped
- ☐ 1 stick celery finely chopped
- ☐ 1 small shallots finely chopped
- ☐ 1 lb half fennel bulb finely chopped
- ☐ 1 small garlic clove finely chopped
- ☐ 2 sprigs thyme leaves roughly chopped
- ☐ 4 leaves tarragon roughly chopped
- ☐ 1 handful basil leaves roughly chopped

- ☐ 1 tbsp golden caster sugar
- ☐ 2 pinches cayenne pepper
- ☐ 5 drops worcestershire sauce
- ☐ 3 drops all the tabasco sauce you handle
- ☐ 4 small basil leaves finely sliced
- ☐ 6 large plum vine tomatoes diced seeded finely
- ☐ 4 servings olive oil extra-virgin

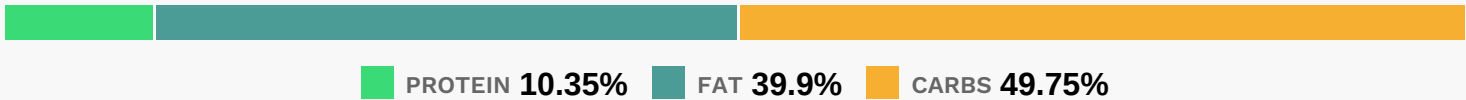
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a large bowl mix all the ingredients together with 1 tbsp sea salt, cover with cling film and marinate for 6 hrs. Then, in a food processor, pulse the tomato mix in batches until roughly chopped dont over-chop them to a mush.
- ☐ Place three layers of muslin cloth, or a new kitchen cloth, over a large bowl and pour the mix into the cloth. Tie up with string and hang in a cold place for at least 15 mins over the bowl to collect the tomato essence. Set aside the pulp. Taste and correct the seasoning, if necessary, then cool in the fridge.
- ☐ To serve, spoon a quarter of the diced tomato into the centre of four bowls. Carefully pour the chilled tomato essence around the tomato towers and garnish with the basil and a small drizzling of olive oil.

Nutrition Facts



Properties

Glycemic Index:115.5, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:34.14565200391%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 315.23kcal (15.76%), Fat: 15.36g (23.63%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 33.34g (12.13%), Sugar: 26.2g (29.11%), Cholesterol: 0mg (0%), Sodium: 179.78mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin C: 172.86mg (209.53%), Vitamin K: 111.65µg (106.33%), Vitamin A: 4385.19IU (87.7%), Potassium: 2187.6mg (62.5%), Manganese: 1.19mg (59.73%), Vitamin E: 6.86mg (45.76%), Fiber: 9.74g (38.95%), Vitamin B6: 0.72mg (36.04%), Iron: 6.34mg (35.24%), Folate: 138.04µg (34.51%), Copper: 0.63mg (31.71%), Phosphorus: 270.4mg (27.04%), Vitamin B3: 4.89mg (24.44%), Magnesium: 97.21mg (24.3%), Vitamin B1: 0.29mg (19.06%), Calcium: 170.17mg (17.02%), Vitamin B2: 0.23mg (13.72%), Vitamin B5: 1.21mg (12.08%), Zinc: 1.41mg (9.4%), Selenium: 4.31µg (6.15%)