



Fig, Tomato, and Sweet Onion Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.5 pound figs fresh quartered
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 cups torn romaine lettuce

☐

0.8 cup vidalia sweet vertically sliced

Equipment

☐

bowl

☐

whisk

Directions

☐

Combine first 3 ingredients in a large bowl; stir well with a whisk.

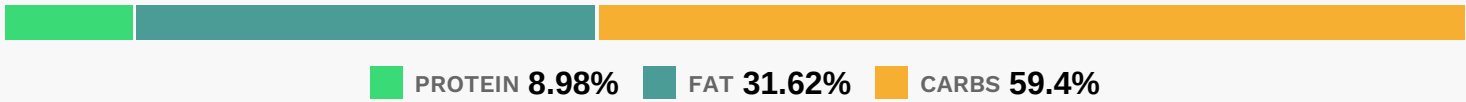
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Add figs, lettuce, tomatoes, onion, and mint; toss gently to coat.

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Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:5.73, Inflammation Score:-9, Nutrition Score:9.321739266748%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 3.87g (5.95%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 13.35g (4.86%), Sugar: 11.96g (13.28%), Cholesterol: 6.31mg (2.1%), Sodium: 91.57mg (3.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 2499.71IU (49.99%), Vitamin K: 29.42µg (28.02%), Vitamin C: 13.24mg (16.04%), Folate: 53.67µg (13.42%), Fiber: 3g (12%), Manganese: 0.24mg (11.82%), Potassium: 336.83mg (9.62%), Vitamin B6: 0.19mg (9.26%), Calcium: 82.77mg (8.28%), Vitamin B2: 0.13mg (7.55%), Phosphorus: 60.94mg (6.09%), Vitamin B1: 0.09mg (6.05%), Magnesium: 23.84mg (5.96%), Iron: 1.06mg (5.9%), Copper: 0.11mg (5.64%), Vitamin E: 0.61mg (4.06%), Vitamin B5: 0.36mg (3.64%), Vitamin B3: 0.67mg

(3.37%), Zinc: 0.48mg (3.2%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.12µg (2%)