



Fire-and-Ice Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 teaspoons celery seeds
- ☐ 1.5 teaspoons mustard seeds
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 4.5 teaspoons sugar
- ☐ 1 large onion sweet thinly sliced
- ☐ 4 large tomatoes quartered

- ☐ 0.3 cup water cold
- ☐ 0.8 cup vinegar white

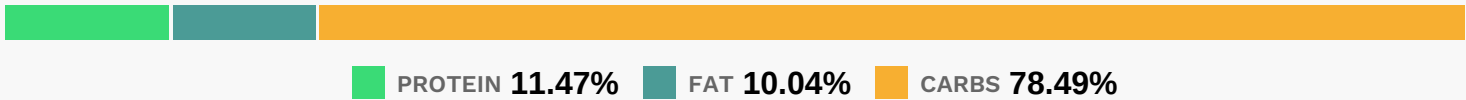
Equipment

- ☐ sauce pan

Directions

- ☐ Place tomatoes and onion in a serving dish. Set aside.
- ☐ Bring vinegar and next 7 ingredients to a boil in a saucepan over medium-high heat. Boil 1 minute.
- ☐ Pour vinegar mixture over tomato mixture. Cover and chill at least 1 hour.
- ☐ Note: Salad may be prepared in advance and chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:6.5782609193221%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.82mg, Luteolin: 3.82mg, Luteolin: 3.82mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 62.77kcal (3.14%), Fat: 0.7g (1.08%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 10.22g (3.72%), Sugar: 9.02g (10.03%), Cholesterol: 0mg (0%), Sodium: 207.02mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin C: 19.41mg (23.53%), Vitamin A: 1024.33IU (20.49%), Manganese: 0.26mg (13.03%), Potassium: 367.85mg (10.51%), Vitamin K: 9.9µg (9.43%), Vitamin B6: 0.18mg (8.86%), Fiber: 2.13g (8.51%), Folate: 32.17µg (8.04%), Magnesium: 23.84mg (5.96%), Copper: 0.12mg (5.95%), Phosphorus: 54.43mg (5.44%), Vitamin B1: 0.08mg (5.03%), Vitamin E: 0.73mg (4.84%), Iron: 0.79mg (4.38%), Vitamin B3: 0.85mg (4.25%), Calcium: 36.68mg (3.67%), Selenium: 2.09µg (2.98%), Zinc: 0.37mg (2.44%), Vitamin

B2: 0.04mg (2.27%), Vitamin B5: 0.17mg (1.69%)