



Fresh Tomato-and-Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



18 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons capers
- 0.3 cup parsley fresh chopped
- 1 cup bell pepper diced green
- 0.3 cup juice of lemon fresh
- 2 teaspoons olive oil
- 1 cup onion diced
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 2 cups tomatoes diced
- 1 cup bell pepper diced yellow

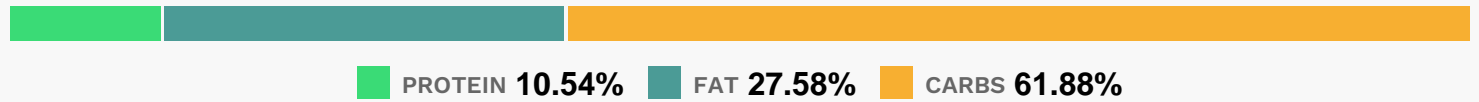
Equipment

- bowl

Directions

- Combine all ingredients in a bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:3.8734782869401%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 17.75kcal (0.89%), Fat: 0.61g (0.94%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 80.25mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 30.65mg (37.16%), Vitamin K: 18.3µg (17.43%), Vitamin A: 289.87IU (5.8%), Vitamin B6: 0.07mg (3.32%), Manganese: 0.06mg (3.18%), Potassium: 104.93mg (3%), Fiber: 0.73g (2.94%), Folate: 10.58µg (2.65%), Copper: 0.04mg (1.95%), Magnesium: 6.34mg (1.59%), Vitamin E: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.43%), Vitamin B3: 0.28mg (1.38%), Iron: 0.24mg (1.32%), Phosphorus: 12.52mg (1.25%)