



Fresh Tomato Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients

- 3 tablespoons tarragon fresh divided chopped
- 3 cloves garlic sliced
- 1 cup garlic-infused olive oil
- 8 servings kosher salt and freshly cracked pepper black
- 1 slices tomatoes for serving
- 2 large tomatoes divided peeled chopped
- 0.5 cup balsamic vinegar white (reduced by)

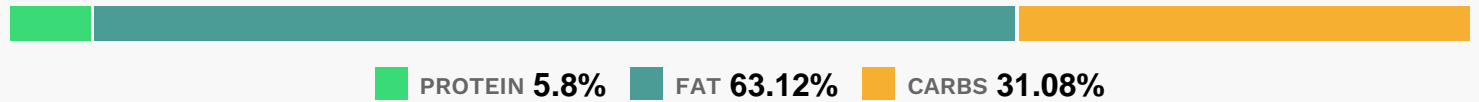
Equipment

- bowl
- whisk
- sieve

Directions

- In a non-reactive bowl, whisk together the oil and vinegar until completely combined.
- Add the garlic, half the tomatoes and half the tarragon. Season with salt and pepper and stir to coat. Cover and chill 6 hours.
- Strain the mixture through a fine sieve and discard the solids. Stir in the remaining tomatoes and tarragon.
- Serve over slices of fresh tomato.
- BYOC: Use your favorite herb here and tailor this dressing to the meal or your family's favorite flavors... fresh thyme oregano, basil, chervil, parsley, anything goes! Try serving this sweet and tangy dressing tossed with fresh baby spinach, a baby mesclun mix or even butter lettuce and blue cheese.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.75, Inflammation Score:-4, Nutrition Score:4.2460869913516%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 79.98kcal (4%), Fat: 5.69g (8.76%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.5g (2%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 201.83mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Manganese: 0.31mg (15.25%), Vitamin A: 517.48IU (10.35%), Vitamin C: 8.36mg (10.13%), Vitamin E: 1.04mg (6.95%), Vitamin K: 7.13µg (6.79%), Iron: 1.15mg (6.36%), Potassium: 217.56mg (6.22%), Vitamin B6: 0.12mg (5.82%), Magnesium: 16.68mg (4.17%), Calcium: 41.3mg (4.13%), Folate:

14.56µg (3.64%), Fiber: 0.8g (3.22%), Copper: 0.05mg (2.71%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.53mg (2.67%), Phosphorus: 24.7mg (2.47%), Vitamin B1: 0.03mg (1.79%), Zinc: 0.21mg (1.41%)