



Fresh Tomato-Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon dijon mustard
- 2 tablespoons basil fresh coarsely chopped
- 0.1 teaspoon pepper black
- 0.5 small onion sliced
- 1 tablespoon parsley fresh italian chopped
- 1.5 teaspoons red wine vinegar
- 0.1 teaspoon salt
- 4 medium tomatoes cut into bite-size wedges

2 tablespoons vegetable oil

Equipment

bowl

whisk

Directions

In large bowl, toss salad ingredients to mix.

In small bowl, mix dressing ingredients except oil. Slowly add oil, beating with wire whisk until well blended.

Pour dressing over salad; toss to coat.

Nutrition Facts



PROTEIN 5.49% **FAT 69.44%** **CARBS 25.07%**

Properties

Glycemic Index:28.88, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:3.4573913080537%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 43.52kcal (2.18%), Fat: 3.54g (5.45%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 41.69mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 21.46µg (20.44%), Vitamin A: 581.16IU (11.62%), Vitamin C: 9.51mg (11.53%), Potassium: 157.41mg (4.5%), Manganese: 0.09mg (4.37%), Vitamin E: 0.62mg (4.13%), Fiber: 0.85g (3.41%), Vitamin B6: 0.06mg (2.79%), Folate: 11.17µg (2.79%), Copper: 0.04mg (2.07%), Magnesium: 7.94mg (1.98%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.71%), Phosphorus: 16.89mg (1.69%), Iron: 0.23mg (1.29%)