

Fresh Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



8

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber sliced
- 0.5 cup basil fresh chopped
- 2 tablespoons garlic crushed
- 1 bell pepper green chopped
- 1 onion chopped
- 0.5 cup parsley chopped
- 8 servings salt and pepper to taste
- 5 tomatoes diced

2 tablespoons citrus champagne vinegar

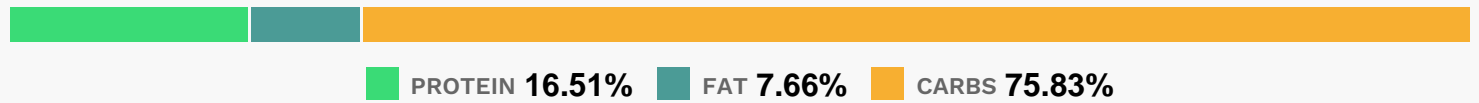
Equipment

bowl

Directions

In a large bowl, combine the tomato, onion, cucumber, bell pepper, basil, parsley, garlic and vinegar. Toss and add salt and pepper to taste. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:9.3143477051154%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 32.2kcal (1.61%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 4.86g (1.77%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 202.18mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin K: 77.69µg (73.99%), Vitamin C: 30.61mg (37.1%), Vitamin A: 1117.89IU (22.36%), Manganese: 0.21mg (10.49%), Potassium: 314.02mg (8.97%), Vitamin B6: 0.16mg (8.05%), Fiber: 1.86g (7.45%), Folate: 27.66µg (6.92%), Copper: 0.1mg (5.25%), Magnesium: 19.31mg (4.83%), Vitamin B1: 0.06mg (4.17%), Phosphorus: 39.66mg (3.97%), Iron: 0.7mg (3.9%), Vitamin E: 0.53mg (3.51%), Vitamin B3: 0.63mg (3.17%), Calcium: 29.38mg (2.94%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.31mg (2.1%)