



Fresh Tomato Salad with Onions, Feta and Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

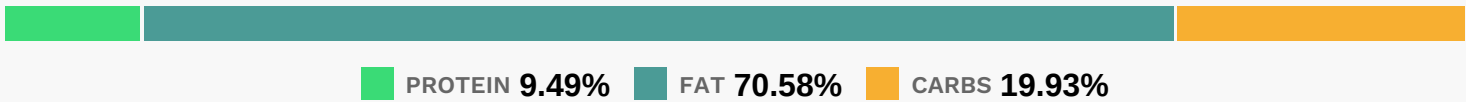
- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup kalamata olives black pitted
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 small onion red thinly sliced
- ☐ 5 large tomatoes ripe cut into 1/3-inch-thick rounds

Equipment

Directions

- ☐ Arrange tomatoes on platter. Top with onion slices.
- ☐ Drizzle oil and vinegar over.
- ☐ Sprinkle with salt and pepper.
- ☐ Let stand at room temperature at least 1 hour.
- ☐ Sprinkle cheese, olives and parsley over salad and serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:10.038260936737%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 175.02kcal (8.75%), Fat: 14.25g (21.92%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.2g (5.78%), Cholesterol: 16.82mg (5.61%), Sodium: 312.69mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin A: 1421.77IU (28.44%), Vitamin C: 23.02mg (27.91%), Vitamin K: 28.83µg (27.45%), Vitamin E: 2.37mg (15.81%), Calcium: 117.21mg (11.72%), Potassium: 407.07mg (11.63%), Vitamin B2: 0.19mg (11.43%), Vitamin B6: 0.23mg (11.29%), Phosphorus: 106.53mg (10.65%), Manganese: 0.21mg (10.32%), Fiber: 2.34g (9.36%), Folate: 33.46µg (8.37%), Vitamin B1: 0.1mg (6.36%), Magnesium: 23.38mg (5.84%), Vitamin B3: 1.13mg (5.66%), Zinc: 0.84mg (5.63%), Copper: 0.11mg (5.56%), Vitamin B12: 0.32µg (5.32%), Selenium: 2.98µg (4.25%), Iron: 0.71mg (3.94%), Vitamin B5: 0.34mg (3.44%)