



Fresh Tomato Slices With Basil Mayonnaise



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

Ingredients

- 0.3 cup egg substitute
- 0.3 cup basil fresh chopped
- 3 tablespoons juice of lemon fresh
- 2 teaspoons mustard coarse-grained
- 0.5 teaspoon pepper
- 0.5 tsp salt
- 2 large tomatoes ripe sliced
- 0.7 cup vegetable oil

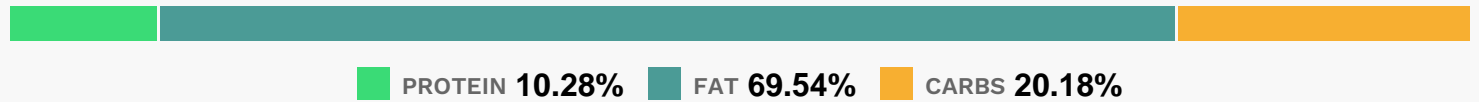
Equipment

- food processor
- blender

Directions

- Process lemon juice, egg substitute, and next 4 ingredients in a food processor or blender until smooth, stopping to scrape down sides. With processor running, pour vegetable oil through food chute in a slow, steady stream; process until smooth and thickened. Spoon over sliced tomatoes.
- Kitchen Express: Stir together 1/2 cup mayonnaise, 1/4 cup chopped fresh basil, 2 tsp. coarse-grained mustard, and salt and pepper to taste.
- Serve mayonnaise mixture over tomatoes. Cover and chill up to 1 week.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:3.310869542153%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 46.39kcal (2.32%), Fat: 3.79g (5.83%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 176.4mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 13.63µg (12.98%), Vitamin C: 8.59mg (10.41%), Vitamin A: 437.36IU (8.75%), Selenium: 3.54µg (5.05%), Vitamin E: 0.68mg (4.55%), Manganese: 0.08mg (4.16%), Potassium: 135.38mg (3.87%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.57%), Folate: 9.77µg (2.44%), Vitamin B2: 0.04mg (2.36%), Vitamin B1: 0.03mg (2%), Magnesium: 7.76mg (1.94%), Phosphorus: 18.74mg (1.87%), Iron: 0.33mg (1.85%), Vitamin B5: 0.18mg (1.79%), Copper: 0.04mg (1.75%), Vitamin B3: 0.3mg (1.51%), Calcium: 13.12mg (1.31%), Zinc: 0.17mg (1.13%)