



 **52%**
HEALTH SCORE

Green and Red Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 2 cucumbers english peeled sliced into 1/8-inch discs
- 1 garlic clove with the side of a knife blade, then minced crushed
- 4 medium tomatoes green cut into wedges
- 0.5 head iceberg lettuce dried rinsed cut into strips 1/2-inch wide and 2-inches long
- 0.5 cup olive oil extra-virgin
- 0.5 head cabbage dried red rinsed cut into strips 1/2-inch wide and 2-inches long
- 1 teaspoon salt

- 1 shallots quartered
- 4 medium tomatoes red cut into wedges
- 2 tablespoons red-wine vinegar

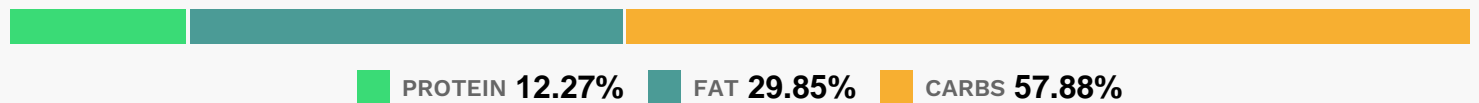
Equipment

- blender

Directions

- Through the feed opening of a running blender, add 1 at a time, the vinegar, shallot, garlic, salt and pepper. Then, leaving the blender running, add the olive oil in a thin stream. Set aside until needed.
- Toss together the lettuce, cabbage, and cucumbers with enough of the dressing to coat, and gently fold in the tomatoes.
- Serve family style with additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:17.486521855645%

Flavonoids

Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 113.31kcal (5.67%), Fat: 4.22g (6.5%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.86g (5.04%), Sugar: 11g (12.23%), Cholesterol: 0mg (0%), Sodium: 428.78mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin C: 74.85mg (90.72%), Vitamin K: 71.04µg (67.66%), Vitamin A: 2320.92IU (46.42%), Manganese: 0.51mg (25.75%), Potassium: 760.95mg (21.74%), Fiber: 4.56g

(18.23%), Vitamin B6: 0.36mg (17.89%), Folate: 53.74µg (13.43%), Vitamin B1: 0.17mg (11.55%), Magnesium: 45.9mg (11.48%), Phosphorus: 100.39mg (10.04%), Iron: 1.78mg (9.86%), Vitamin E: 1.46mg (9.76%), Copper: 0.19mg (9.67%), Vitamin B5: 0.9mg (9.02%), Vitamin B2: 0.14mg (8.38%), Calcium: 77.8mg (7.78%), Vitamin B3: 1.36mg (6.78%), Zinc: 0.64mg (4.29%), Selenium: 1.22µg (1.74%)