



HEALTH SCORE

59%

Grilled Green Tomatoes with Red and Yellow Tomato-Basil Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh green finely chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoons jalapeno fresh hot chopped
- ☐ 1.5 tablespoons juice of lime
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 onion red finely chopped

- ☐ 0.3 cup bell pepper sweet red chopped (such as bell or Gypsy)
- ☐ 6 servings salt and pepper freshly ground
- ☐ 48 oz tomatoes green ()
- ☐ 1.5 pounds tomatoes green red yellow ripe (, , golden, , or a combination; see notes)

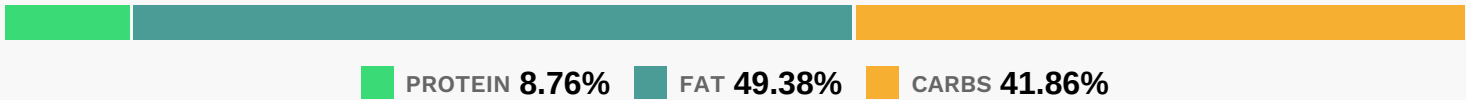
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Rinse unripe tomatoes.
- ☐ Cut crosswise into 1/2-inch-thick rounds, discarding stem ends and bottoms. In a large bowl, gently mix tomato slices, olive oil, half the garlic, and the marjoram.
- ☐ Add salt and pepper to taste. Cover and chill at least 30 minutes or up to 1 day.
- ☐ Meanwhile, rinse and core the ripe tomatoes; cut in half crosswise. Squeeze tomato halves slightly to remove seeds. Chop tomatoes and put in a bowl.
- ☐ Add the remaining garlic and the onion, red pepper, basil, lime juice, and chile.
- ☐ Add salt and pepper to taste.
- ☐ Lift unripe tomatoes from marinade and lay on an oiled grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); cover gas grill. Cook, turning once, until tomatoes are nicely browned, 6 to 10 minutes total. Arrange on a platter and spoon the ripe-tomato salsa over the top.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:17.798261217449%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 163.35kcal (8.17%), Fat: 9.81g (15.09%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 13.51g (4.91%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 221.83mg (9.64%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin C: 69.22mg (83.9%), Vitamin A: 2899.58IU (57.99%), Vitamin K: 49.8µg (47.43%), Manganese: 0.52mg (26.19%), Potassium: 844.22mg (24.12%), Vitamin E: 3.39mg (22.6%), Fiber: 5.19g (20.77%), Vitamin B6: 0.35mg (17.7%), Folate: 55.73µg (13.93%), Copper: 0.26mg (13.22%), Vitamin B1: 0.17mg (11.41%), Magnesium: 44.75mg (11.19%), Iron: 1.98mg (11.02%), Vitamin B3: 2.1mg (10.52%), Phosphorus: 99.07mg (9.91%), Vitamin B5: 0.84mg (8.43%), Calcium: 73.96mg (7.4%), Vitamin B2: 0.11mg (6.51%), Zinc: 0.59mg (3.91%), Selenium: 0.85µg (1.21%)