



Grilled Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



2

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 plum tomatoes quartered
- ☐ 0.1 teaspoon salt

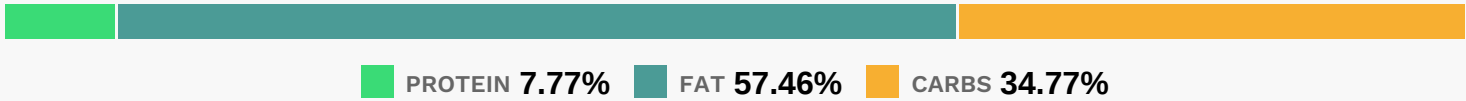
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place tomatoes on a grill rack coated with cooking spray. Grill 3 minutes on each side.
- ☐ Place tomatoes in a bowl; add basil and remaining ingredients, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:3.4904347843612%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 31.73kcal (1.59%), Fat: 2.14g (3.3%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.13g (0.77%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 149.18mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 18.55µg (17.67%), Vitamin A: 674.71IU (13.49%), Vitamin C: 9.03mg (10.95%), Manganese: 0.11mg (5.44%), Potassium: 158.64mg (4.53%), Vitamin E: 0.65mg (4.31%), Fiber: 0.79g (3.17%), Folate: 11.34µg (2.84%), Vitamin B6: 0.05mg (2.71%), Copper: 0.05mg (2.44%), Magnesium: 9.04mg (2.26%), Vitamin B3: 0.4mg (1.98%), Phosphorus: 17.03mg (1.7%), Iron: 0.29mg (1.63%), Vitamin B1: 0.02mg (1.6%), Calcium: 12.3mg (1.23%)