




Heirloom Tomato and Avocado Stack


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 cup avocado diced peeled (1 small)
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon garlic fresh minced
- 0.1 teaspoon cumin
- 1 Dash pepper red
- 2 pounds tomatoes
- 0.5 teaspoon lime zest grated
- 0.3 cup buttermilk low-fat

- 1 tablespoon mayonnaise reduced-fat
- 2 tablespoons cream sour reduced-fat
- 0.3 cup onion red vertically sliced
- 0.3 teaspoon salt
- 0.3 teaspoon salt

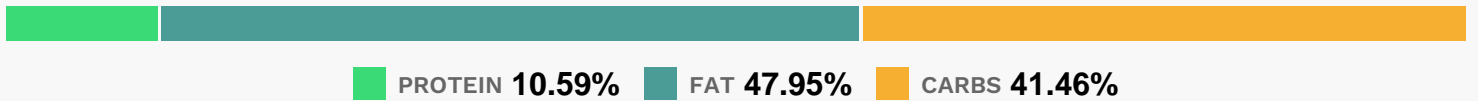
Equipment

- food processor
- bowl
- blender

Directions

- To prepare dressing, combine first 9 ingredients in a small food processor or blender; process 30 seconds or until pureed, scraping sides of bowl occasionally. Cover and chill.
- To prepare salad, slice each tomato crosswise into 4 equal slices (about 1/2 inch thick).
- Place 1 tomato slice on each of 4 salad plates; sprinkle slices evenly with 1/4 teaspoon salt. Top each serving with a few onion pieces and about 1 tablespoon avocado. Repeat layers 3 times, ending with avocado.
- Drizzle 2 tablespoons dressing over each serving; sprinkle with black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.83, Inflammation Score:0, Nutrition Score:13.328261083235%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 7.62g (11.73%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 9.37g (3.41%), Sugar: 7.75g (8.61%), Cholesterol: 3.46mg (1.15%), Sodium: 369.18mg (16.05%), Alcohol: 0g (100%), Protein: 3.79g (7.58%), Vitamin C: 36.22mg (43.9%), Vitamin A: 2044.24IU (40.88%), Vitamin K: 30.91µg (29.44%), Potassium: 785.71mg (22.45%), Fiber: 5.46g (21.82%), Folate: 68.75µg (17.19%), Manganese: 0.34mg (16.94%), Vitamin B6: 0.3mg (15.11%), Vitamin E: 2.14mg (14.24%), Copper: 0.22mg (10.84%), Vitamin B3: 2.04mg (10.22%), Magnesium: 40.29mg (10.07%), Phosphorus: 100.58mg (10.06%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.8mg (8%), Vitamin B2: 0.13mg (7.92%), Calcium: 63.31mg (6.33%), Iron: 0.93mg (5.15%), Zinc: 0.77mg (5.14%), Selenium: 0.92µg (1.31%), Vitamin B12: 0.07µg (1.15%)