



Heirloom Tomato, Baby Basil, and Sourdough Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup baby basil leaves loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 pounds heirloom cherry tomatoes halved (larger tomatoes)
- ☐ 1 teaspoon granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup olive oil

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6 ounce sourdough bread

Equipment

☐

bowl

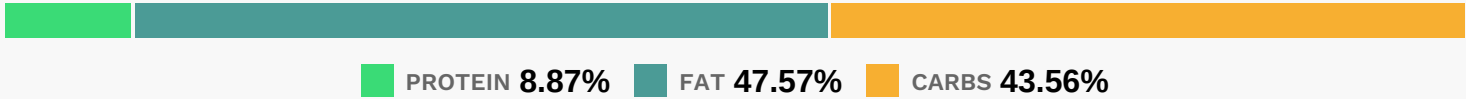
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grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Arrange bread on grill rack; grill 1 minute on each side or until well marked. Cool slightly; tear into chunks.
- ☐ Combine bread and tomatoes in a large bowl.
- ☐ Combine oil, vinegar, and sugar in a small bowl, stirring until sugar dissolves.
- ☐ Drizzle over bread mixture; sprinkle with salt and pepper. Toss gently to coat.
- ☐ Sprinkle with basil leaves.

Nutrition Facts



Properties

Glycemic Index:50.43, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:9.0095651564391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 182.07kcal (9.1%), Fat: 9.82g (15.11%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 18.86g (6.86%), Sugar: 5.14g (5.71%), Cholesterol: 0mg (0%), Sodium: 279.54mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 22.27mg (26.99%), Vitamin K: 25µg (23.81%), Vitamin B1: 0.24mg (15.78%), Manganese: 0.31mg (15.58%), Vitamin A: 673.55IU (13.47%), Vitamin E: 1.92mg (12.78%), Folate: 49.89µg (12.47%), Selenium: 8.6µg (12.29%), Iron: 1.98mg (10.98%), Vitamin B3: 1.91mg (9.53%), Vitamin B2: 0.15mg (8.54%), Potassium: 258.18mg (7.38%), Copper: 0.13mg (6.6%), Phosphorus: 59.61mg (5.96%),

Vitamin B6: 0.11mg (5.57%), Fiber: 1.37g (5.48%), Magnesium: 20.92mg (5.23%), Calcium: 34.18mg (3.42%), Zinc: 0.47mg (3.1%), Vitamin B5: 0.23mg (2.26%)