



## Heirloom Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 Tbsp basil and parsley fresh chopped
- 0.3 cup athenos feta cheese with basil & tomato crumbled
- 0.5 cup onions red thinly sliced
- 0.3 cup tuscan house dressing italian kraft
- 1 lb tomatoes mixed fresh chopped

### Equipment

## Directions

Combine ingredients.

## Nutrition Facts

**PROTEIN 11.61%** **FAT 51.92%** **CARBS 36.47%**

## Properties

Glycemic Index:40.5, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:7.5621738848479%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

## Nutrients (% of daily need)

Calories: 89.23kcal (4.46%), Fat: 5.38g (8.28%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.75g (2.46%), Sugar: 5.43g (6.03%), Cholesterol: 8.34mg (2.78%), Sodium: 259.32mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 30.5µg (29.05%), Vitamin A: 1156.02IU (23.12%), Vitamin C: 17.64mg (21.38%), Manganese: 0.2mg (9.92%), Potassium: 325.4mg (9.3%), Vitamin B6: 0.17mg (8.44%), Fiber: 1.75g (7%), Calcium: 69.64mg (6.96%), Phosphorus: 68.58mg (6.86%), Vitamin E: 0.98mg (6.53%), Folate: 25.95µg (6.49%), Vitamin B2: 0.11mg (6.38%), Magnesium: 19.01mg (4.75%), Vitamin B1: 0.07mg (4.64%), Copper: 0.09mg (4.63%), Vitamin B3: 0.84mg (4.19%), Zinc: 0.53mg (3.55%), Iron: 0.55mg (3.04%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.22mg (2.23%)