



Heirloom Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

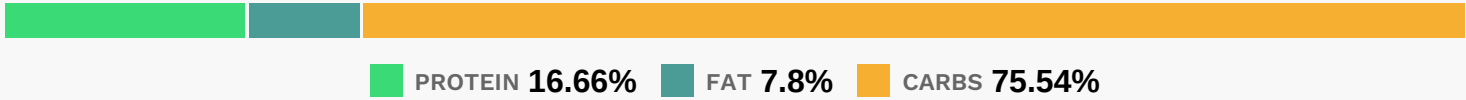
- ☐ 2 small kirby cucumbers sliced
- ☐ 8 servings basil leaves fresh
- ☐ 4 pounds heirloom tomatoes assorted
- ☐ 1 small onion red halved sliced
- ☐ 8 servings lady pea salsa

Equipment

Directions

☐ Cut tomatoes into wedges or in half, depending on size. Gently toss tomatoes with cucumbers and onion. Top with Lady Pea Salsa and basil.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:11.682608627755%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 60.8kcal (3.04%), Fat: 0.6g (0.93%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 9.33g (3.39%), Sugar: 8.32g (9.24%), Cholesterol: 0mg (0%), Sodium: 222.68mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin A: 2177.03IU (43.54%), Vitamin C: 34.32mg (41.6%), Vitamin K: 30.46µg (29.01%), Potassium: 699.76mg (19.99%), Manganese: 0.36mg (18.21%), Fiber: 3.84g (15.36%), Vitamin B6: 0.28mg (13.88%), Folate: 44.8µg (11.2%), Vitamin E: 1.65mg (10.97%), Copper: 0.2mg (9.79%), Magnesium: 37.14mg (9.29%), Vitamin B3: 1.75mg (8.77%), Phosphorus: 78.07mg (7.81%), Vitamin B1: 0.11mg (7.62%), Iron: 0.93mg (5.14%), Calcium: 43.87mg (4.39%), Vitamin B2: 0.07mg (4.03%), Vitamin B5: 0.38mg (3.82%), Zinc: 0.56mg (3.71%)