



Heirloom Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black



0.5 teaspoon dijon mustard



3 pounds heirloom tomatoes mixed halved cut into 1/2-inch wedges if medium or large



1.5 tablespoons red-wine vinegar



0.8 teaspoon salt



0.3 cup vegetable oil

Equipment



bowl

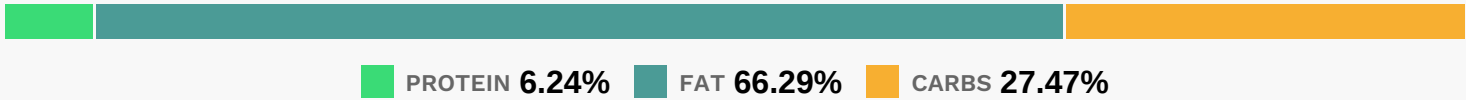
☐

whisk

Directions

- ☐ Whisk together vinegar, salt, mustard, and pepper in a large bowl.
- ☐ Add oil in a slow stream, whisking constantly until dressing is emulsified.
- ☐ Add tomatoes and gently toss to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:9.7382608373528%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 122.3kcal (6.11%), Fat: 9.55g (14.7%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.15g (2.24%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 306.92mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Vitamin A: 1889.96IU (37.8%), Vitamin C: 31.09mg (37.69%), Vitamin K: 34.76µg (33.11%), Potassium: 540.76mg (15.45%), Manganese: 0.27mg (13.67%), Vitamin E: 1.97mg (13.13%), Fiber: 2.76g (11.04%), Vitamin B6: 0.18mg (9.1%), Folate: 34.06µg (8.52%), Copper: 0.14mg (6.79%), Vitamin B3: 1.35mg (6.75%), Magnesium: 25.45mg (6.36%), Vitamin B1: 0.08mg (5.65%), Phosphorus: 55.31mg (5.53%), Iron: 0.65mg (3.6%), Zinc: 0.39mg (2.61%), Vitamin B2: 0.04mg (2.56%), Calcium: 23.72mg (2.37%), Vitamin B5: 0.2mg (2.04%)