



Heirloom Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



89 kcal

SALAD

Ingredients

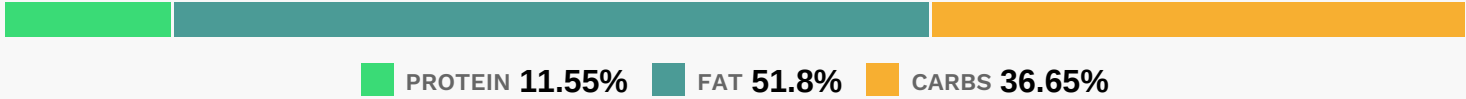
- ☐ 0.3 cup feta cheese with basil & tomato crumbled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup italian dressing italian
- ☐ 0.5 cup red onions red thinly sliced
- ☐ 1 pound tomatoes mixed fresh chopped

Equipment

Directions

☐ COMBINE ingredients.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.7, Inflammation Score:0, Nutrition Score:8.6978260745173%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 89.46kcal (4.47%), Fat: 5.38g (8.28%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.44g (6.04%), Cholesterol: 8.34mg (2.78%), Sodium: 260.35mg (11.32%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.7g (5.4%), Vitamin K: 54.38µg (51.79%), Vitamin A: 1211.09IU (24.22%), Vitamin C: 19.91mg (24.14%), Potassium: 330.13mg (9.43%), Manganese: 0.18mg (8.85%), Vitamin B6: 0.17mg (8.36%), Fiber: 1.78g (7.13%), Folate: 27.53µg (6.88%), Calcium: 68.6mg (6.86%), Phosphorus: 68.53mg (6.85%), Vitamin E: 0.98mg (6.52%), Vitamin B2: 0.11mg (6.4%), Vitamin B1: 0.07mg (4.71%), Magnesium: 18.63mg (4.66%), Copper: 0.09mg (4.37%), Vitamin B3: 0.84mg (4.22%), Zinc: 0.54mg (3.58%), Iron: 0.6mg (3.35%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.8µg (2.58%), Vitamin B5: 0.23mg (2.26%)