



Heirloom Tomato Salad with Blue Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 celery stalks sliced thin
- ☐ 1.5 cups coarsely cheese blue crumbled
- ☐ 8.5 inch thick crusty bread
- ☐ 4 large garlic cloves halved
- ☐ 0.5 cup green onions chopped
- ☐ 10 medium heirloom tomatoes of colors assorted cored thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup pear tomatoes halved

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1 small onion paper-thin red sliced

Equipment

☐

bowl

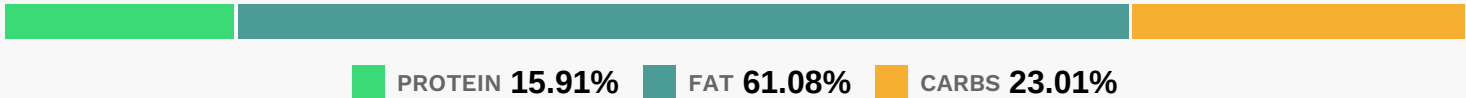
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grill

Directions

- ☐
- Prepare barbecue (medium-high heat). Rub bread with cut garlic halves; brush bread with 3 tablespoons oil.
- ☐
- Combine remaining 1/3 cup oil, currant tomatoes, and green onions in medium bowl; toss to coat. Season with salt and pepper.
- ☐
- Overlap tomato slices in concentric circles on platter, alternating colors. Scatter onion and celery slices over tomatoes.
- ☐
- Sprinkle with salt and pepper. Spoon tomato and green onion mixture over.
- ☐
- Sprinkle with crumbled cheese.
- ☐
- Grill bread until golden, about 2 minutes per side.
- ☐
- Cut each slice diagonally in half; serve with salad.

Nutrition Facts



Properties

Glycemic Index:38.06, Glycemic Load:3.53, Inflammation Score:-8, Nutrition Score:11.637826061767%

Flavonoids

Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 184.08kcal (9.2%), Fat: 12.96g (19.94%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 10.98g (3.66%),
Net Carbohydrates: 8.4g (3.06%), Sugar: 5.55g (6.16%), Cholesterol: 18.98mg (6.33%), Sodium: 319.07mg (13.87%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin A: 1698.48IU (33.97%), Vitamin C:
26.32mg (31.91%), Vitamin K: 30.86µg (29.39%), Calcium: 163.32mg (16.33%), Phosphorus: 151.12mg (15.11%),
Potassium: 523.78mg (14.97%), Manganese: 0.27mg (13.36%), Vitamin E: 1.8mg (11.99%), Folate: 45.49µg (11.37%),
Vitamin B6: 0.22mg (11.14%), Fiber: 2.58g (10.32%), Vitamin B2: 0.15mg (8.95%), Vitamin B3: 1.48mg (7.38%),
Magnesium: 28.81mg (7.2%), Zinc: 1.06mg (7.08%), Vitamin B1: 0.1mg (6.89%), Selenium: 4.77µg (6.81%), Copper:
0.13mg (6.57%), Vitamin B5: 0.63mg (6.34%), Vitamin B12: 0.31µg (5.15%), Iron: 0.83mg (4.6%)