

Heirloom Tomato Salad with Fresh Greens, Blue Cheese and Creamy Chive Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup canola oil
- 4 servings cheese blue crumbled
- 4 servings chives whole for garnish
- 0.3 cup chives fresh chopped
- 2 cups the salad mixed fresh
- 1 large heirloom tomatoes assorted sliced quartered
- 1 tablespoon juice of lemon fresh

- 1 tablespoon mayonnaise prepared
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons red wine vinegar
- 3 tablespoons red wine vinegar
- 4 servings salt and pepper
- 4 servings pepper black freshly ground

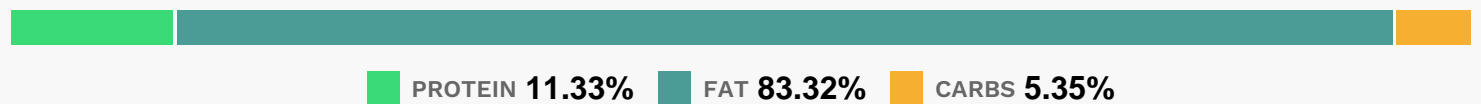
Equipment

- bowl
- blender

Directions

- Place greens in a bowl and toss with the vinegar and oil and season with salt and pepper.
- Transfer to a platter. Arrange tomatoes over greens, sprinkle with salt, and drizzle with chive dressing.
- Sprinkle blue cheese over top and garnish with a few fresh chives.
- Combine all ingredients in a blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:8.5586956065634%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 274.66kcal (13.73%), Fat: 25.56g (39.32%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.48g (1.64%), Cholesterol: 31.47mg (10.49%), Sodium: 421.49mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin K: 25.84µg (24.61%), Calcium: 224.73mg (22.47%), Vitamin A: 1062.22IU (21.24%), Vitamin C: 14.45mg (17.52%), Vitamin E: 2.59mg (17.25%), Phosphorus: 160.84mg (16.08%), Selenium: 8.69µg (12.42%), Vitamin B2: 0.16mg (9.2%), Zinc: 1.25mg (8.36%), Folate: 25.14µg (6.29%), Manganese: 0.12mg (5.99%), Potassium: 189.01mg (5.4%), Vitamin B12: 0.32µg (5.37%), Magnesium: 17.96mg (4.49%), Vitamin B6: 0.08mg (4.01%), Copper: 0.06mg (2.84%), Iron: 0.5mg (2.77%), Fiber: 0.67g (2.68%), Vitamin B1: 0.04mg (2.37%), Vitamin B3: 0.42mg (2.12%), Vitamin B5: 0.21mg (2.12%), Vitamin D: 0.19µg (1.25%)