



Heirloom Tomato Salad with Herbs and Capers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained chopped
- ☐ 2 cups heirloom cherry tomatoes assorted halved
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 3 tablespoons flat-leaf parsley fresh chopped

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 pounds beefsteak heirloom tomatoes assorted cut into 6 wedges
- ☐ 0.5 teaspoon salt
- ☐ 3 ounce sourdough bread toasted

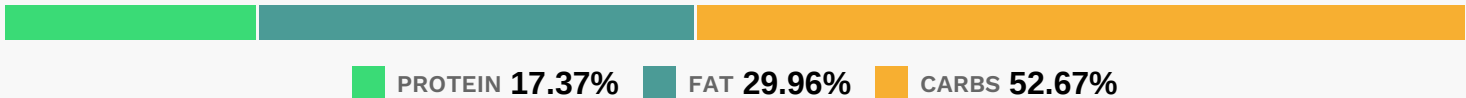
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a bowl.
- ☐ Sprinkle tomato mixture with salt and pepper; toss gently.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:12.153478384018%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 120.57kcal (6.03%), Fat: 4.27g (6.56%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.13g (5.14%), Sugar: 6.63g (7.37%), Cholesterol: 5.06mg (1.69%), Sodium: 415.79mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin K: 52.25µg (49.77%), Vitamin C: 35.47mg (42.99%), Vitamin A: 1796.67IU (35.93%), Manganese: 0.35mg (17.44%), Potassium: 511.4mg (14.61%), Folate: 52.51µg (13.13%), Vitamin B1: 0.18mg (11.88%), Fiber: 2.75g (11.01%), Vitamin E: 1.5mg (9.97%), Vitamin B3: 1.92mg (9.59%), Vitamin B6: 0.18mg (9.07%), Iron: 1.6mg (8.92%), Copper: 0.17mg (8.36%), Magnesium: 29.52mg (7.38%), Phosphorus: 68.79mg (6.88%), Vitamin B2: 0.11mg (6.43%), Selenium: 4.33µg (6.18%), Calcium: 38.3mg (3.83%),

Zinc: 0.53mg (3.53%), Vitamin B5: 0.26mg (2.63%)