



Heirloom Tomato Salad with Pomegranate Drizzle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds heirloom tomatoes mixed thick sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons pomegranate molasses
- ☐ 6 servings sea salt such as maldon*, to taste

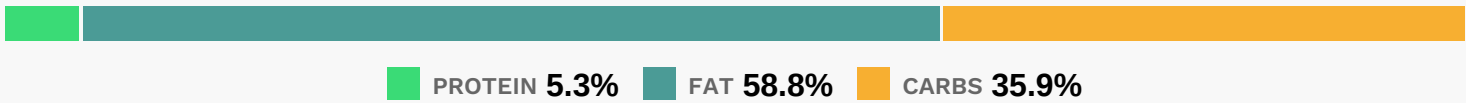
Equipment

☐ whisk

Directions

- ☐ Whisk together oil and molasses. Arrange tomatoes on a platter.
- ☐ Drizzle with oil–molasses dressing.
- ☐ Sprinkle with salt and pepper and scatter oregano on top.
- ☐ *Find pomegranate molasses and Maldon sea salt at well–stocked grocery stores and gourmet shops.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.59, Inflammation Score:–9, Nutrition Score:7.7660869460391%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 107.26kcal (5.36%), Fat: 7.38g (11.35%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 201.94mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin A: 1288.74IU (25.77%), Vitamin K: 26.79µg (25.52%), Vitamin C: 20.75mg (25.15%), Vitamin E: 2.13mg (14.2%), Manganese: 0.28mg (13.86%), Potassium: 381.66mg (10.9%), Fiber: 2.56g (10.26%), Vitamin B6: 0.14mg (6.94%), Folate: 26.66µg (6.66%), Iron: 1.08mg (5.99%), Magnesium: 21.42mg (5.36%), Copper: 0.1mg (5.11%), Vitamin B3: 0.98mg (4.89%), Calcium: 42.66mg (4.27%), Vitamin B1: 0.06mg (3.94%), Phosphorus: 39.02mg (3.9%), Vitamin B2: 0.04mg (2.23%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.15mg (1.52%)