



## Heirloom Tomato Salad with Tomato Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons olive oil extravirgin
- 1 tablespoon basil fresh thinly sliced
- 8 ounces heirloom tomatoes peeled seeded
- 4 heirloom tomatoes assorted cut into 1/4-inch-thick slices ( 2 pounds)
- 0.3 teaspoon kosher salt
- 1 tablespoon red wine vinegar

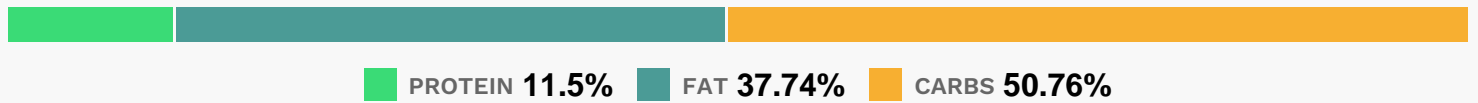
## Equipment

- food processor
- blender
- baking pan

## Directions

- To prepare granita, place vinegar, oil, 1/4 teaspoon salt, and seeded peeled tomato in a blender or food processor; process until smooth.
- Place tomato mixture in an 8-inch square baking dish; cover and freeze until firm, stirring twice during first 2 hours.
- Remove mixture from freezer; scrape entire mixture with a fork until fluffy.
- To prepare salad, arrange tomato slices on a platter.
- Sprinkle tomatoes with pepper and 1/4 teaspoon salt. Top with granita.
- Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:4.9108694951333%

## Flavonoids

Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 34.32kcal (1.72%), Fat: 1.58g (2.43%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.3g (1.2%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 103.16mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin A: 1016.42IU (20.33%), Vitamin C: 16.49mg (19.98%), Vitamin K: 11.92µg (11.36%), Potassium: 288.13mg (8.23%), Manganese: 0.16mg (8.15%), Fiber: 1.49g (5.94%), Vitamin E: 0.84mg (5.62%), Vitamin B6: 0.1mg (4.84%), Folate: 18.22µg (4.56%), Copper: 0.07mg (3.73%), Vitamin B3: 0.72mg (3.58%), Magnesium: 13.78mg (3.44%), Vitamin B1: 0.04mg (2.97%), Phosphorus: 29.4mg (2.94%), Iron: 0.37mg (2.05%), Zinc: 0.21mg (1.4%), Vitamin B2: 0.02mg (1.37%), Calcium: 13.53mg (1.35%), Vitamin B5: 0.11mg (1.1%)