



HEALTH SCORE

51%

Heirloom Tomato Tacos



Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 6 slices dense bread french good thick (1/2-inch)
- ☐ 0.5 cup daikon radish sprouts
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup gorgonzola cheese crumbles

- ☐ 1.5 cups micro greens
- ☐ 0.5 pound heirloom tomatoes mixed
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 servings kosher salt and cracked pepper fresh black
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon parsley dried italian
- ☐ 0.5 teaspoon cracked pepper fresh black
- ☐ 1 head the of 1 cos lettuce

Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ serrated knife

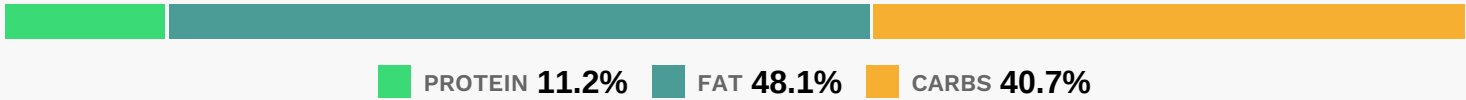
Directions

- ☐ Dice the tomatoes into 3/4-inch pieces, place in a bowl and add the olive oil, balsamic, 1/2 teaspoon salt, 1 teaspoon pepper and basil. Toss gently to combine. Adjust the seasoning if, needed.
- ☐ Line a serving plate with the romaine leaves, like taco shells. Fill each with 1/4 cup micro greens, 1/2 to 3/4 cup tomato mixture and a few daikon sprouts. Top with Gorgonzola, a sprinkle of salt and a crack of black pepper.
- ☐ Garnish the plate with Rosemary Crostini Croutons.
- ☐ Serve immediately.
- ☐ Preheat a grill to high heat.
- ☐ Combine the olive oil, garlic, basil, parsley, rosemary, salt and pepper in a small bowl and allow to sit 10 to 15 minutes, covered, at room temperature.
- ☐ Cut the bread slices diagonally. Lightly brush 1 side of the bread triangles with the oil mix and place oiled-side up on the grill. Grill 2 to 3 minutes, flip and cook until nicely marked, 1 to 2

minutes more.

- ☐
- Remove, dice into 3/4-inch cubes with a serrated knife and serve hot.
- ☐
- Cook's Note: Can be premade and quickly reheated in a broiler for 45 seconds to 1 minute.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:26.47, Inflammation Score:-10, Nutrition Score:24.870869602846%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 385.7kcal (19.29%), Fat: 21.09g (32.45%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 35.93g (13.06%), Sugar: 5.52g (6.14%), Cholesterol: 7.06mg (2.35%), Sodium: 895.55mg (38.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Vitamin A: 9656.92IU (193.14%), Vitamin K: 128.03µg (121.94%), Folate: 237.72µg (59.43%), Vitamin B1: 0.56mg (37.23%), Manganese: 0.66mg (33.04%), Selenium: 20.54µg (29.35%), Vitamin B2: 0.4mg (23.57%), Iron: 4.09mg (22.71%), Vitamin B3: 3.92mg (19.58%), Vitamin E: 2.88mg (19.2%), Fiber: 4.23g (16.93%), Vitamin C: 13.62mg (16.51%), Phosphorus: 157.18mg (15.72%), Potassium: 488.7mg (13.96%), Calcium: 136.1mg (13.61%), Vitamin B6: 0.25mg (12.3%), Magnesium: 46.91mg (11.73%), Copper: 0.2mg (10.03%), Zinc: 1.31mg (8.76%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.11µg (1.91%)