



Heirloom Tomatoes with Shell Beans Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bay leaves
- ☐ 4 medium basil fresh thinly sliced
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 4 garlic clove minced
- ☐ 4 medium heirloom tomatoes sliced (different varieties, if possible)
- ☐ 2 cups chicken broth

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 20 ounces peas fresh shelled
- ☐ 1 cup onion sweet chopped (such as Vidalia or Maui)

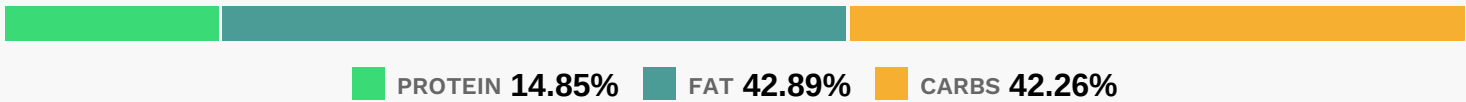
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Heat 1 tablespoon olive oil in medium saucepan over medium-high heat.
- ☐ Add onion; sauté 4 to 5 minutes.
- ☐ Add garlic, bay leaf, and 1/2 teaspoon thyme; stir 1 minute.
- ☐ Add peas and broth; bring to boil. Cover with lid slightly ajar; reduce heat to medium-low. Simmer until peas are soft, stirring occasionally, about 25 minutes.
- ☐ Drain.
- ☐ Transfer to large microwave-safe bowl.
- ☐ Whisk vinegar and 1/4 cup extra-virgin olive oil in bowl. Season with salt and pepper.
- ☐ Pour over warm peas; toss. DO AHEAD: Can be made 2 days ahead. Cover and chill. Bring to room temperature before continuing.
- ☐ Stir basil into peas. Discard bay leaf. Season to taste with salt and pepper.
- ☐ Arrange tomato slices on platter.
- ☐ Sprinkle with salt and pepper. Spoon warm or room-temperature peas over tomatoes.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:11.882173926934%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 153.45kcal (7.67%), Fat: 7.54g (11.6%), Saturated Fat: 1.1g (6.92%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 11.7g (4.26%), Sugar: 7.92g (8.8%), Cholesterol: 0mg (0%), Sodium: 28.16mg (1.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin C: 38.44mg (46.6%), Vitamin K: 27.41µg (26.11%), Vitamin A: 1072.08IU (21.44%), Manganese: 0.42mg (20.84%), Fiber: 5.01g (20.05%), Folate: 60.15µg (15.04%), Vitamin B1: 0.22mg (14.84%), Vitamin B3: 2.7mg (13.48%), Phosphorus: 118.47mg (11.85%), Potassium: 409.65mg (11.7%), Vitamin B6: 0.22mg (11.02%), Copper: 0.21mg (10.52%), Vitamin E: 1.4mg (9.35%), Magnesium: 34.22mg (8.55%), Iron: 1.54mg (8.54%), Vitamin B2: 0.13mg (7.61%), Zinc: 1.1mg (7.31%), Calcium: 36.13mg (3.61%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.16mg (1.58%)