



## Herb-Marinated Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

### Ingredients

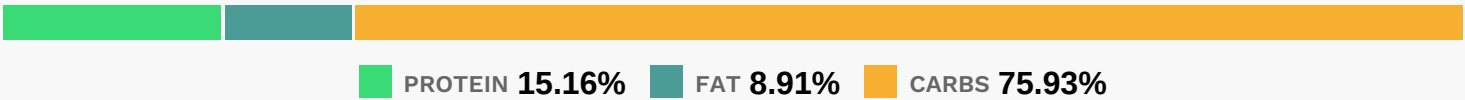
- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 2 large tomatoes cut into 1/2-inch slices

# Equipment

## Directions

- ☐ Arrange tomato on a platter, slightly overlapping slices.
- ☐ Sprinkle with basil, parsley, and oregano.
- ☐ Combine lemon juice and vinegar; drizzle over tomatoes. Cover and chill 2 hours.
- ☐ Sprinkle with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:56.75, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:5.9465216647672%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 22.52kcal (1.13%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.74g (3.04%), Cholesterol: 0mg (0%), Sodium: 151.15mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin K: 35.71µg (34.01%), Vitamin C: 15.46mg (18.74%), Vitamin A: 917.19IU (18.34%), Manganese: 0.2mg (9.88%), Potassium: 246.86mg (7.05%), Fiber: 1.72g (6.86%), Vitamin E: 0.74mg (4.95%), Folate: 19.58µg (4.9%), Iron: 0.82mg (4.58%), Vitamin B6: 0.09mg (4.52%), Magnesium: 15.12mg (3.78%), Copper: 0.07mg (3.48%), Calcium: 33.42mg (3.34%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 25.57mg (2.56%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.11mg (1.05%)