



Hot and Hot Fish Club Tomato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

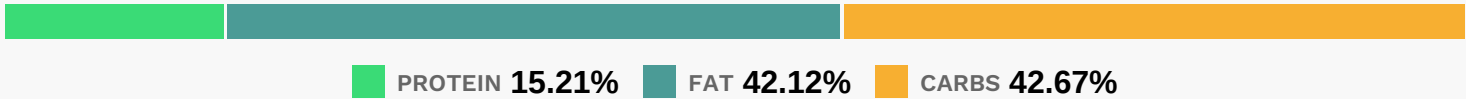
- ☐ 6 servings balsamic vinaigrette divided
- ☐ 1 cup cherry tomatoes
- ☐ 0.8 cup lima beans *soaked overnight cooked
- ☐ 6 servings fried okra
- ☐ 4 ounces thick- bacon smoked crumbled cooked 5 slices
- ☐ 6 large tomatoes red
- ☐ 2 cups kernel corn whole cooked
- ☐ 4 large tomatoes yellow

Equipment

Directions

- ☐
- Wash, core, and slice red and yellow tomatoes. Toss tomato slices with 1/2 cup Balsamic Vinaigrette; set aside.
- ☐
- Combine beans and corn with remaining 1/2 cup Balsamic Vinaigrette.
- ☐
- Arrange tomato slices on 6 individual salad plates; divide cherry tomatoes evenly among plates. Divide corn mixture evenly among plates. Top with bacon and Fried Okra.
- ☐
- Drizzle with desired amount of Chive Dressing.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:12.904347767001%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 187.79kcal (9.39%), Fat: 9.09g (13.98%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 16.32g (5.94%), Sugar: 6.3g (7%), Cholesterol: 12.47mg (4.16%), Sodium: 228.91mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Vitamin C: 34.27mg (41.53%), Vitamin A: 1730.41IU (34.61%), Manganese: 0.48mg (24.01%), Potassium: 737.88mg (21.08%), Vitamin K: 19.3µg (18.38%), Folate: 71.93µg (17.98%), Fiber: 4.39g (17.57%), Vitamin B6: 0.28mg (13.97%), Phosphorus: 131.99mg (13.2%), Vitamin B1: 0.2mg (13.2%), Vitamin B3: 2.59mg (12.95%), Magnesium: 47.05mg (11.76%), Copper: 0.22mg (10.92%), Vitamin E: 1.28mg (8.52%), Iron: 1.49mg (8.26%), Selenium: 5.07µg (7.24%), Zinc: 1mg (6.68%), Vitamin B2: 0.08mg (4.9%), Vitamin B5: 0.43mg (4.28%), Calcium: 36.88mg (3.69%), Vitamin B12: 0.09µg (1.57%)