



Hot Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 banana peppers green
- ☐ 4 banana peppers yellow
- ☐ 15 servings garnish: basil sprig fresh
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 jalapeño peppers

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 large to 5 tomatoes

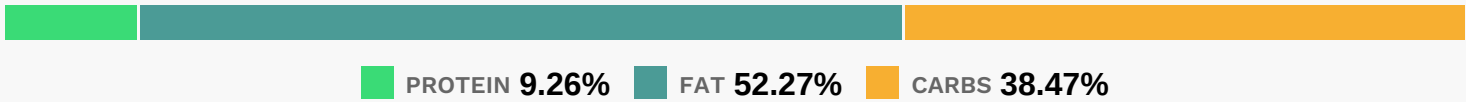
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Remove and discard seeds from peppers and tomatoes. Dice peppers and tomatoes; place in a large bowl. Toss in garlic, herbs, and, if desired, cheese.
- ☐ Stir together oil, next 3 ingredients, and, if desired, sugar; add to tomato mixture, tossing to coat. Cover and chill 2 to 4 hours.
- ☐ Serve with a slotted spoon.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:3.7056521980659%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 25.02kcal (1.25%), Fat: 1.59g (2.45%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 158.42mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin K: 19.6µg (18.66%), Vitamin C: 13.43mg (16.27%), Vitamin A: 575.93IU (11.52%), Manganese: 0.11mg (5.42%), Potassium: 142.95mg (4.08%), Vitamin E: 0.61mg (4.07%), Fiber: 0.9g (3.6%), Vitamin B6: 0.07mg (3.58%), Folate: 11.35µg (2.84%), Copper: 0.05mg (2.25%), Magnesium: 8.44mg (2.11%), Vitamin B3: 0.4mg (1.98%), Iron: 0.31mg (1.73%), Vitamin B1: 0.02mg (1.62%), Phosphorus: 15.76mg (1.58%), Calcium: 13.12mg (1.31%)