



Inside-Out Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 0.1 teaspoon pepper red crushed
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.3 cup spring onion thinly sliced
- 0.3 teaspoon ground cumin
- 0.8 teaspoon sumac powder grated
- 1.5 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra virgin extra-virgin

- 0.1 teaspoon salt
- 1 Dash sugar
- 2.3 pounds canned tomatoes peeled coarsely chopped

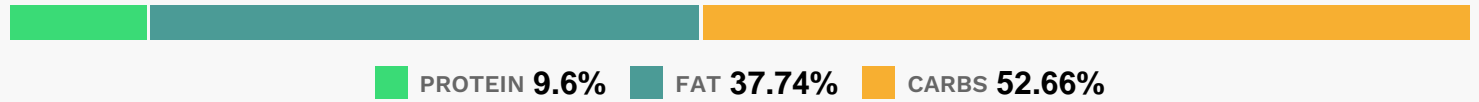
Equipment

- bowl

Directions

- Combine all ingredients in a bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:4.9156521189472%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 41.79kcal (2.09%), Fat: 1.95g (3%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 220.8mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin C: 13.88mg (16.82%), Vitamin K: 14.96µg (14.25%), Vitamin E: 1.17mg (7.82%), Iron: 1.38mg (7.68%), Potassium: 260.83mg (7.45%), Vitamin B6: 0.15mg (7.36%), Fiber: 1.42g (5.7%), Manganese: 0.11mg (5.63%), Vitamin B3: 0.94mg (4.72%), Copper: 0.09mg (4.72%), Vitamin A: 234.77IU (4.7%), Calcium: 44.32mg (4.43%), Vitamin B2: 0.08mg (4.43%), Vitamin B1: 0.06mg (4.08%), Magnesium: 15.68mg (3.92%), Folate: 13.76µg (3.44%), Phosphorus: 27.03mg (2.7%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.2mg (1.37%)