



Italian Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground pepper fresh
- ☐ 8 servings salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 3 teaspoons salt

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2.5 lb tomatoes diced ripe

Equipment

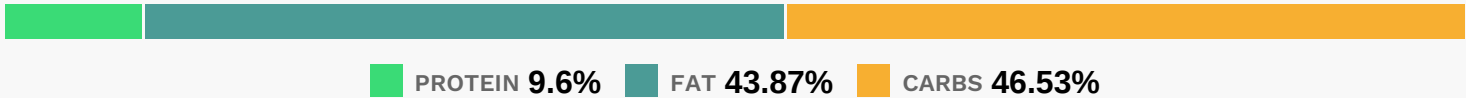
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bowl

Directions

- ☐ Stir together first 8 ingredients in a medium bowl. Cover and chill at least 30 minutes.
- ☐ Serve over or toss with salad greens.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:8.1513043680917%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 74.44kcal (3.72%), Fat: 3.84g (5.91%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 7.22g (2.63%), Sugar: 5.34g (5.93%), Cholesterol: 0mg (0%), Sodium: 892.27mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 28.87mg (34.99%), Vitamin A: 1656.13IU (33.12%), Vitamin K: 17.09µg (16.28%), Manganese: 0.3mg (14.81%), Potassium: 427.15mg (12.2%), Folate: 37.17µg (9.29%), Vitamin E: 1.34mg (8.95%), Vitamin B6: 0.16mg (7.75%), Fiber: 1.94g (7.74%), Magnesium: 22.98mg (5.75%), Copper: 0.11mg (5.74%), Vitamin B3: 1.09mg (5.44%), Phosphorus: 53.3mg (5.33%), Iron: 0.91mg (5.08%), Vitamin B1: 0.07mg (4.41%), Calcium: 31.04mg (3.1%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.18mg (1.84%)