



Late-summer tomato & carrot salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 600 g tomatoes mixed red yellow such as and cherry, plum and medium vine ripe
- ☐ 2 medium carrots shredded grated peeled finely
- ☐ 1 bunch spring onion trimmed finely chopped
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 25 g pumpkin seeds
- ☐ 3 tbsp olive oil extra virgin
- ☐ 2 tbsp balsamic vinegar

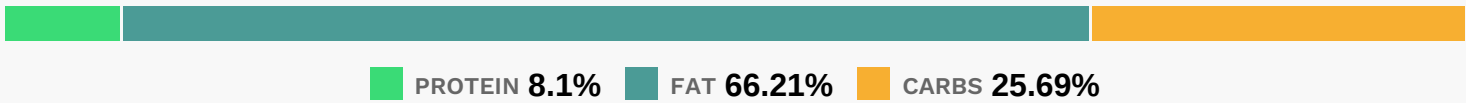
Equipment

☐ bowl

Directions

- ☐ Chop the large tomatoes, halve the cherry ones and tip into a large serving bowl.
- ☐ Add the carrots, spring onions, chilli and pumpkin seeds, and toss together.
- ☐ Mix the extra virgin olive oil with the balsamic, a pinch of salt and a good grinding of black pepper.
- ☐ Pour over the tomatoes and toss together.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:11.276956420878%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 120.48kcal (6.02%), Fat: 9.33g (14.36%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 22mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin A: 4341.83IU (86.84%), Vitamin C: 26.51mg (32.13%), Vitamin K: 24.43µg (23.27%), Manganese: 0.36mg (17.99%), Vitamin E: 1.85mg (12.31%), Potassium: 377.01mg (10.77%), Magnesium: 41.27mg (10.32%), Fiber: 2.24g (8.94%), Phosphorus: 88.21mg (8.82%), Vitamin B6: 0.15mg (7.72%), Copper: 0.14mg (6.92%), Folate: 25.57µg (6.39%), Vitamin B3: 1.12mg (5.58%), Iron: 0.91mg (5.07%), Vitamin B1: 0.07mg (4.63%), Zinc: 0.58mg (3.89%), Vitamin B2: 0.05mg (2.75%), Calcium: 24.07mg (2.41%), Vitamin B5: 0.19mg (1.94%)