



Lime-Marinated Tomatoes with Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

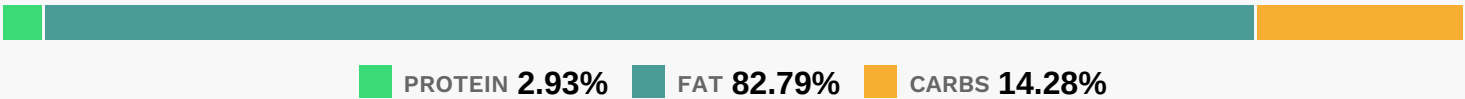
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon lime rind grated
- ☐ 3 tablespoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 6 plum tomatoes cut into wedges

Equipment

Directions

- ☐ Place tomato wedges in a glass dish.
- ☐ Combine oil and remaining ingredients; stir well.
- ☐ Pour over tomato wedges. Cover and chill at least 1 hour.
- ☐ Note: If fresh tomatoes are not at their peak, substitute 2 (14 1/2-ounce) cans tomato wedges, drained.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:3.0095652294062%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 74.12kcal (3.71%), Fat: 7.13g (10.97%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.7g (1.88%), Cholesterol: 0mg (0%), Sodium: 197.15mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 9.66mg (11.71%), Vitamin A: 523.1IU (10.46%), Vitamin E: 1.35mg (9.02%), Vitamin K: 9.41µg (8.96%), Potassium: 152.42mg (4.35%), Manganese: 0.08mg (3.87%), Fiber: 0.77g (3.09%), Vitamin B6: 0.05mg (2.56%), Folate: 9.73µg (2.43%), Copper: 0.04mg (1.93%), Vitamin B3: 0.38mg (1.87%), Magnesium: 7.22mg (1.8%), Vitamin B1: 0.02mg (1.6%), Phosphorus: 15.52mg (1.55%), Iron: 0.22mg (1.21%)