



Marinated Cherry Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



130 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups cherry tomatoes halved
- ☐ 3 tablespoons cider vinegar
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 teaspoons sugar white

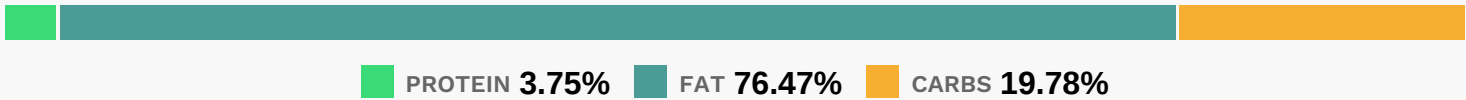
Equipment

☐ bowl

Directions

- ☐ In a small bowl or cup measure, mix together oil, apple cider vinegar, herbs, salt, and sugar.
- ☐ Pour dressing over cherry tomatoes in a serving dish, and gently stir to coat. Chill for at least 2 hours. Gently stir from bottom to top, coating all tomatoes, before serving.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:4.0169565625813%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 78.69kcal (3.93%), Fat: 6.91g (10.64%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 154.04mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 17.01mg (20.62%), Vitamin K: 18.48µg (17.6%), Vitamin A: 369.73IU (7.39%), Vitamin E: 1.03mg (6.9%), Manganese: 0.12mg (5.93%), Potassium: 173.33mg (4.95%), Iron: 0.73mg (4.04%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (3.04%), Fiber: 0.68g (2.71%), Folate: 10.69µg (2.67%), Phosphorus: 22.08mg (2.21%), Magnesium: 8.6mg (2.15%), Vitamin B3: 0.42mg (2.08%), Vitamin B1: 0.03mg (1.83%), Calcium: 15.62mg (1.56%), Vitamin B2: 0.02mg (1.16%)