



Marinated Green Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

Ingredients



2 pounds tomatoes green



0.1 teaspoon pepper



1 teaspoon salt



2 tablespoons sugar



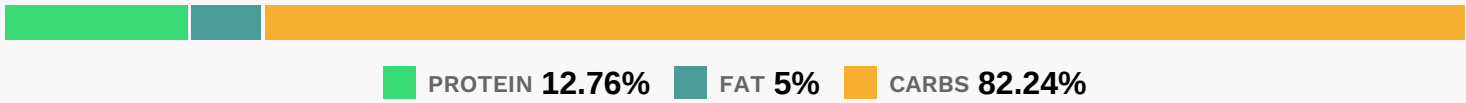
0.3 cup tarragon vinegar

Equipment

Directions

- ☐ Cut tomatoes into 1/4-inch-thick slices. Arrange half of slices in a large shallow serving dish; sprinkle with half each of sugar, salt, and pepper. Top with remaining tomato slices; sprinkle with remaining sugar, salt, and pepper.
- ☐ Drizzle vinegar evenly over tomatoes. Cover and chill 1 hour. Turn tomato slices, coating with vinegar mixture, before serving.
- ☐ *Red or yellow tomatoes may be substituted for green ones, or use a mixture of all three varieties.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:4.1260869295701%

Nutrients (% of daily need)

Calories: 31.32kcal (1.57%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.03g (2.19%), Sugar: 6.03g (6.7%), Cholesterol: 0mg (0%), Sodium: 244.5mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin C: 21.23mg (25.73%), Vitamin A: 582.55IU (11.65%), Vitamin K: 9.2µg (8.77%), Potassium: 185.62mg (5.3%), Manganese: 0.1mg (4.91%), Vitamin B5: 0.45mg (4.54%), Copper: 0.08mg (4.14%), Fiber: 1g (4.02%), Vitamin B6: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.63%), Iron: 0.47mg (2.61%), Phosphorus: 25.7mg (2.57%), Magnesium: 9.18mg (2.3%), Vitamin E: 0.34mg (2.3%), Vitamin B3: 0.45mg (2.27%), Vitamin B2: 0.04mg (2.16%), Folate: 8.17µg (2.04%), Calcium: 12.45mg (1.25%)