



Marinated Heirloom Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

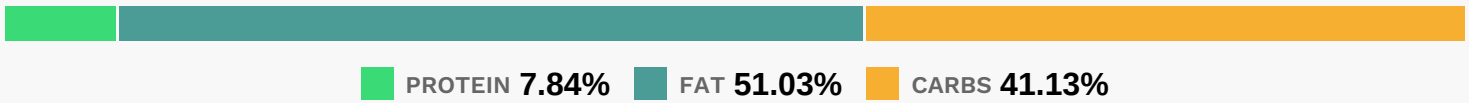
- ☐ 0.3 tsp pepper black
- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.5 cup basil fresh chopped
- ☐ 2.5 lbs heirloom tomatoes
- ☐ 1 juice of lemon fresh juiced
- ☐ 4 drops hot sauce (optional - adds spice)
- ☐ 1 tsp salt
- ☐ 2 tsp sugar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Marinated Heirloom Tomato Salad
- ☐ Ingredients2 1/2 lbs heirloom tomatoes in a variety of colors1/2 cup fresh basil, chopped1 fresh lemon, juiced2 tbsp extra virgin olive oil2 tsp sugar1 tsp salt1/4 tsp black pepper4–5 drops tabasco pepper sauce (optional – adds spice)
- ☐ Prep Time: 15 Minutes
- ☐ Total Time: 45 Minutes
- ☐ Servings: 6–8 side salad servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:8.4639131516704%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 82.51kcal (4.13%), Fat: 5.08g (7.81%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 6.87g (2.5%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 414.9mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin C: 28.69mg (34.77%), Vitamin A: 1681.68IU (33.63%), Vitamin K: 26.19µg (24.95%), Potassium: 461.19mg (13.18%), Manganese: 0.25mg (12.55%), Vitamin E: 1.72mg (11.45%), Fiber: 2.34g (9.35%), Vitamin B6: 0.16mg (7.89%), Folate: 30.76µg (7.69%), Copper: 0.12mg (6.09%),

Vitamin B3: 1.15mg (5.74%), Magnesium: 22.56mg (5.64%), Vitamin B1: 0.07mg (4.81%), Phosphorus: 47.08mg (4.71%), Iron: 0.62mg (3.44%), Calcium: 23.46mg (2.35%), Vitamin B2: 0.04mg (2.3%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.18mg (1.81%)