



Marinated Heirloom Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



3 pounds tofu mixed



3 tablespoons basil fresh chopped



3 tablespoons mint leaves fresh chopped



2 tablespoons olive oil extra virgin extra-virgin



3 tablespoons red wine vinegar



6 servings salt and pepper black

Equipment



bowl

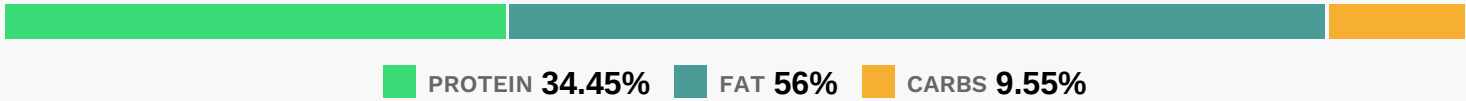
☐

whisk

Directions

- ☐
- In a small bowl, whisk together vinegar and oil. Rinse and core tomatoes and slice 1/3 to 1/2 inch thick. Arrange in layers in an airtight container or on a serving dish, drizzling vinegar mixture and sprinkling mint, basil, salt, and pepper evenly over each layer.
- ☐
- Cover and chill at least 30 minutes or up to 4 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:3.3082609202551%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 235.17kcal (11.76%), Fat: 14.68g (22.58%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 204.37mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.63%), Calcium: 291.96mg (29.2%), Iron: 2.94mg (16.34%), Fiber: 2.03g (8.12%), Vitamin K: 6.96µg (6.63%), Vitamin E: 0.68mg (4.53%), Vitamin A: 158.95IU (3.18%), Manganese: 0.04mg (2.24%), Vitamin C: 1.01mg (1.23%)