



Marinated Heirloom Tomatoes with Mustard and Dill



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



31 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 pounds heirloom tomatoes cut into 1/4-inch-thick slices
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon salt

Equipment

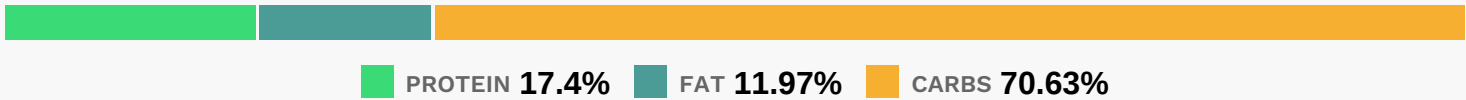
☐

bowl

Directions

- ☐ Combine the first 6 ingredients in a large bowl.
- ☐ Add tomato slices, tossing gently to coat.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:6.3334781708925%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 30.9kcal (1.54%), Fat: 0.48g (0.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 4.23g (1.54%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 159.55mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin C: 21.97mg (26.63%), Vitamin A: 1268.78IU (25.38%), Vitamin K: 12.09µg (11.51%), Potassium: 368.83mg (10.54%), Manganese: 0.2mg (9.99%), Fiber: 2.11g (8.46%), Vitamin B6: 0.13mg (6.31%), Folate: 23.39µg (5.85%), Vitamin E: 0.84mg (5.58%), Magnesium: 19.29mg (4.82%), Copper: 0.09mg (4.72%), Vitamin B3: 0.93mg (4.66%), Vitamin B1: 0.07mg (4.41%), Phosphorus: 41.94mg (4.19%), Iron: 0.5mg (2.79%), Selenium: 1.71µg (2.44%), Calcium: 19.6mg (1.96%), Zinc: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.94%), Vitamin B5: 0.15mg (1.54%)