



Marinated Three-Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry tomatoes red halved
- ☐ 0.5 cup cucumber chopped
- ☐ 1 tablespoon basil fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup onion red chopped

- ☐ 2 cups romaine lettuce shredded
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato sprinkles dried
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 cups cherry tomatoes yellow halved

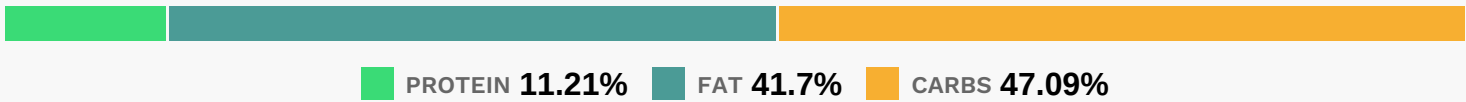
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine red and yellow tomatoes, cucumber, and onion in a large bowl.
- ☐ Combine vinegar and next 7 ingredients in a small bowl; stir with a whisk until combined.
- ☐ Pour over tomato mixture, stirring gently to coat. Cover and chill 1 hour.
- ☐ Divide shredded lettuce among 4 salad plates; spoon tomato mixture over lettuce.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:11.740869589474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 80.44kcal (4.02%), Fat: 3.99g (6.15%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 176.77mg (7.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin A: 2482.84IU (49.66%), Vitamin K: 40.16µg (38.25%),

Vitamin C: 27.56mg (33.41%), Folate: 74.32µg (18.58%), Manganese: 0.37mg (18.45%), Potassium: 535.13mg (15.29%), Fiber: 2.73g (10.93%), Iron: 1.88mg (10.45%), Copper: 0.2mg (9.76%), Vitamin B6: 0.18mg (8.9%), Vitamin E: 1.2mg (7.97%), Vitamin B3: 1.56mg (7.8%), Magnesium: 30.05mg (7.51%), Phosphorus: 73.14mg (7.31%), Vitamin B1: 0.1mg (6.62%), Calcium: 56.23mg (5.62%), Vitamin B2: 0.09mg (5.34%), Zinc: 0.51mg (3.38%), Vitamin B5: 0.32mg (3.21%), Selenium: 1.12µg (1.6%)