



Marinated Tomato-Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion red separated thinly sliced
- ☐ 0.5 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 16 inch tomatoes red 8 tomatoes or

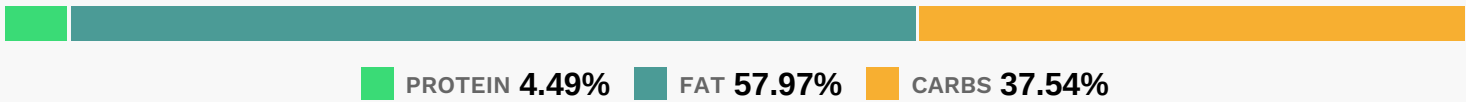
Equipment

☐ whisk

Directions

- ☐ Arrange tomato slices and onion in a 13 x 9-inch dish.
- ☐ Combine basil and remaining ingredients, and stir well with a whisk.
- ☐ Pour over tomatoes and onion. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:1.3178260948347%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 29.52kcal (1.48%), Fat: 1.79g (2.76%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 146.82mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin K: 7.76µg (7.39%), Vitamin C: 2.45mg (2.96%), Manganese: 0.06mg (2.9%), Vitamin A: 121.84IU (2.44%), Vitamin E: 0.3mg (1.97%), Fiber: 0.43g (1.7%), Vitamin B6: 0.03mg (1.52%), Folate: 5.58µg (1.4%), Potassium: 46.04mg (1.32%)