



Marinated Tomato Slices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



5 kcal

SIDE DISH

Ingredients

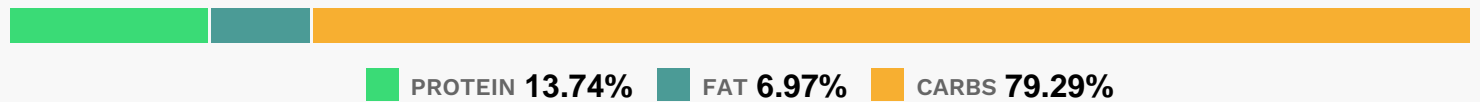
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon basil dried fresh chopped
- 1 garlic clove minced
- 0.3 cup juice of lemon
- 2 tablespoons onion red minced
- 2 tablespoons red wine vinegar
- 4 large tomatoes red yellow cut into 4 slices

Equipment

Directions

- Arrange tomato slices in a large shallow dish.
- Combine lemon juice and next 5 ingredients; pour over tomato slices, turning to coat. Cover and marinate in refrigerator at least 2 hours.
- Arrange tomato slices evenly on 8 lettuce-lined salad plates, if desired. Spoon marinade evenly over tomato slices.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.2286956498156%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 5.35kcal (0.27%), Fat: 0.05g (0.07%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin K: 8.69µg (8.28%), Vitamin C: 3.32mg (4.03%), Manganese: 0.07mg (3.49%), Iron: 0.49mg (2.73%), Calcium: 13.47mg (1.35%), Magnesium: 4.67mg (1.17%), Fiber: 0.28g (1.12%)