



Marinated Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

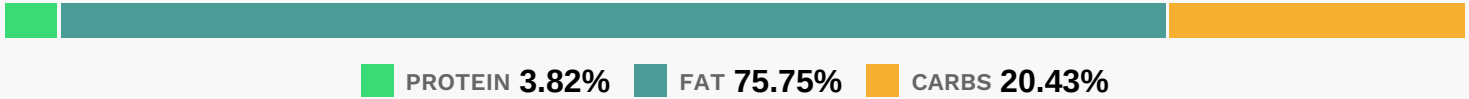
- ☐ 0.3 cup onion chopped
- ☐ 2 large tomatoes sliced
- ☐ 0.3 cup herbed vinaigrette

Equipment

Directions

- ☐ Combine all ingredients; cover and chill.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:4.616521762765%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 90.54kcal (4.53%), Fat: 8.02g (12.34%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.21g (3.56%), Cholesterol: 0mg (0%), Sodium: 5.11mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 22.67µg (21.59%), Vitamin C: 13.21mg (16.01%), Vitamin A: 758.23IU (15.16%), Vitamin E: 1.21mg (8.09%), Potassium: 231.52mg (6.61%), Manganese: 0.12mg (5.83%), Fiber: 1.26g (5.05%), Vitamin B6: 0.08mg (4.24%), Folate: 15.55µg (3.89%), Copper: 0.06mg (2.88%), Vitamin B3: 0.55mg (2.76%), Magnesium: 11.01mg (2.75%), Vitamin B1: 0.04mg (2.55%), Phosphorus: 24.74mg (2.47%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.18%), Zinc: 0.17mg (1.14%), Calcium: 11.4mg (1.14%)