



Marinated Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 1.5 teaspoons garlic salt
- ☐ 2 to 3 green onions chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 cup red wine vinegar
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 1 tablespoon sugar

- ☐ 4 large to 6 tomatoes cut into 6 wedges
- ☐ 0.8 cup vegetable oil

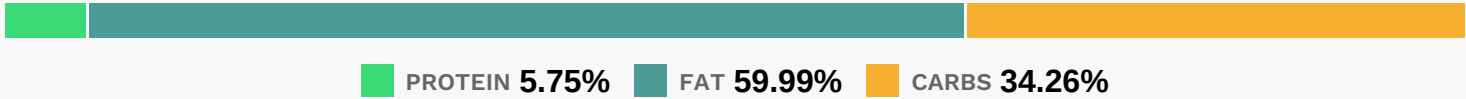
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Combine all ingredients, except tomatoes, in a large measuring cup or mixing bowl.
- ☐ Whisk well.
- ☐ Place tomatoes in a resealable plastic bag and pour marinade over. Marinate at room temperature for up to 2 hours, turning the bag occasionally.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:5.9934783187573%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 63.2kcal (3.16%), Fat: 4.3g (6.62%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.24g (1.54%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 879.21mg (38.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin K: 47.33µg (45.07%), Vitamin A: 918.55IU (18.37%), Vitamin C: 15.15mg (18.36%), Manganese: 0.14mg (7.17%), Potassium: 240.72mg (6.88%), Vitamin E: 0.86mg (5.75%), Fiber: 1.29g (5.14%), Folate: 18.13µg (4.53%), Vitamin B6: 0.08mg (3.84%), Iron: 0.59mg (3.26%),

Copper: 0.06mg (3.16%), Magnesium: 12.4mg (3.1%), Vitamin B3: 0.58mg (2.91%), Phosphorus: 25.4mg (2.54%),
Vitamin B1: 0.04mg (2.48%), Calcium: 17.11mg (1.71%), Zinc: 0.2mg (1.31%), Vitamin B2: 0.02mg (1.3%)