



## Marinated Tomatoes With Basil and Balsamic Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



72 kcal

SIDE DISH

### Ingredients

- 0.8 cup balsamic vinegar
- 0.5 cup basil fresh chopped
- 2 garlic cloves minced
- 4 cups ice water
- 0.3 cup olive oil
- 0.5 teaspoon pepper
- 1 small onion red thinly sliced

- 0.5 teaspoon salt
- 2 teaspoons sugar
- 6 tomatoes thinly sliced
- 2 tablespoons water

## Equipment

- bowl
- paper towels
- whisk

## Directions

- Combine onion slices and 4 cups ice water in a large bowl; let stand 30 minutes.
- Drain and pat dry with paper towels.
- Whisk together vinegar, olive oil, 2 tablespoons water, and next 4 ingredients. Stir in basil.
- Layer half of tomato slices in a shallow dish. Top with half of onion slices.
- Drizzle with half of dressing. Repeat with remaining tomato slices, onion slices, and dressing. Cover and chill 30 minutes.
- Sprinkle with Parmesan cheese curls, if desired, and serve with bread, if desired.
- Serve at room temperature.
- Note: Recipe may be prepared up to 3 hours ahead.
- Per serving (with bread and Parmesan): Calories 203 (36% from fat); Carb 28g; Fiber 2; Fat 8g; Sodium 414mg.

## Nutrition Facts



**PROTEIN 4.37%** **FAT 57.7%** **CARBS 37.93%**

## Properties

Glycemic Index:26.42, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:3.5439130482466%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 72.29kcal (3.61%), Fat: 4.65g (7.15%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.06g (5.63%), Cholesterol: 0mg (0%), Sodium: 108.31mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 9.44mg (11.44%), Vitamin K: 11.9µg (11.33%), Vitamin A: 565.73IU (11.31%), Manganese: 0.13mg (6.68%), Vitamin E: 0.99mg (6.61%), Potassium: 183.13mg (5.23%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.41%), Copper: 0.06mg (3.18%), Folate: 11.68µg (2.92%), Magnesium: 11.32mg (2.83%), Phosphorus: 21.9mg (2.19%), Iron: 0.37mg (2.08%), Vitamin B3: 0.39mg (1.95%), Vitamin B1: 0.03mg (1.89%), Calcium: 18.16mg (1.82%), Zinc: 0.16mg (1.04%)