



Marinated Tomatoes with Lemon and Summer Savory



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 3 tomatoes cut into 6 wedges (1 pound)

☐ 0.5 teaspoon or dried fresh chopped

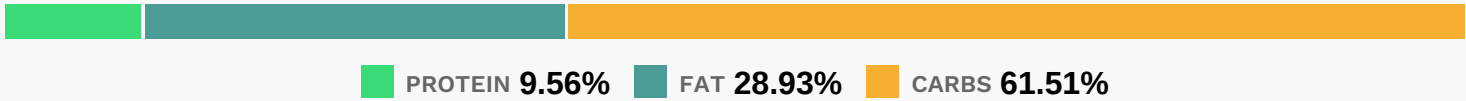
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place the tomato wedges in a medium bowl.
- ☐ Combine lemon juice and remaining ingredients, stirring with a whisk.
- ☐ Pour dressing over tomatoes; toss gently to coat.
- ☐ Let stand 1 hour, stirring occasionally.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:4.2478260916212%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 34kcal (1.7%), Fat: 1.24g (1.91%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 150.29mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 18.83mg (22.82%), Vitamin A: 796.07IU (15.92%), Vitamin K: 7.95µg (7.57%), Potassium: 238.8mg (6.82%), Manganese: 0.12mg (6.1%), Fiber: 1.19g (4.76%), Vitamin B6: 0.09mg (4.59%), Vitamin E: 0.68mg (4.56%), Folate: 16.98µg (4.24%), Copper: 0.06mg (2.98%), Vitamin B3: 0.57mg (2.87%), Magnesium: 11.4mg (2.85%), Vitamin B1: 0.04mg (2.64%), Phosphorus: 24.71mg (2.47%), Iron:

0.29mg (1.62%), Vitamin B2: 0.02mg (1.26%), Calcium: 11.97mg (1.2%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.07%)