



Mixed Cherry Tomatoes with Tamarind Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons tamarind paste
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb cherry tomatoes mixed halved
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 teaspoons honey
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water hot

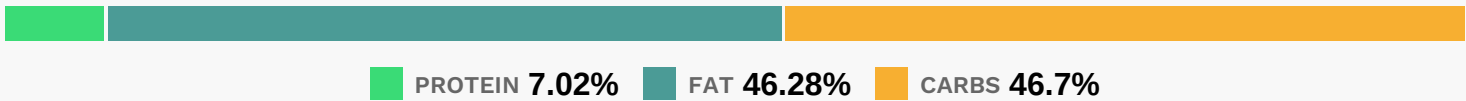
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ mortar and pestle

Directions

- ☐ Toast cumin and fennel seeds then coarsely crush using a mortar and pestle or an electric coffee/spice grinder.
- ☐ Whisk tamarind concentrate into hot water until dissolved, then whisk in honey (to taste), oil, salt, and pepper until blended.
- ☐ Add tomatoes and spices and toss to coat.
- ☐ Let stand at room temperature 1 hour, then season with salt.
- ☐ *Available at ethnic markets and Kalustyan's (212-685-3451).
- ☐ Toast seeds in a dry heavy skillet over moderate heat, stirring until fragrant and a shade or two darker. Or, toast in a shallow baking pan in a 350°F oven, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:3.4491304029589%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 44.77kcal (2.24%), Fat: 2.5g (3.84%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.75g (4.17%), Cholesterol: 0mg (0%), Sodium: 106.65mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 17.37mg (21.06%), Vitamin A: 373.18IU (7.46%), Manganese: 0.11mg (5.38%), Potassium: 187.02mg (5.34%), Vitamin E: 0.77mg (5.12%), Iron: 0.75mg (4.15%), Vitamin K: 3.73µg (3.55%), Copper: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.16%), Fiber: 0.76g (3.02%), Magnesium: 10.42mg (2.61%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 25.63mg (2.56%), Folate: 10.21µg (2.55%), Vitamin B3: 0.47mg (2.34%), Calcium: 14.26mg (1.43%), Vitamin B2: 0.02mg (1.29%), Vitamin B5: 0.1mg (1.03%)