



Roman Summer Salad

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 fillet anchovy drained chopped
- 1 cup balsamic vinegar
- 8 basil leaves fresh shredded
- 1 cup olives green black pitted halved
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons capers rinsed drained
- 0.3 cup parsley leaves fresh chopped
- 1 garlic clove thinly sliced

- 6 tablespoons olive oil extra-virgin
- 1 pound vine-ripened tomatoes (3 tomatoes)

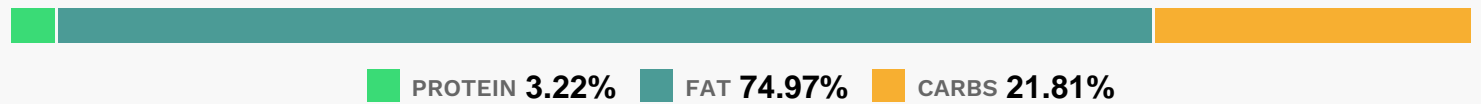
Equipment

- bowl
- sauce pan

Directions

- Watch how to make this recipe.
- Cook the balsamic vinegar in a small saucepan over low heat until thick, syrupy, and measuring 1/4 cup, about 20 minutes. Set aside to cool.
- Combine the olives, parsley, anchovies, capers, garlic, basil, pepper, and olive oil in a small bowl and toss to combine.
- To serve, slice the tomatoes into 1/4-inch thick rounds and place, slightly overlapping, on a serving plate. Spoon the olive and parsley mixture over the tomatoes.
- Drizzle the reduced balsamic over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:6.73, Inflammation Score:-8, Nutrition Score:11.956086938796%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg, Kaempferol: 5.41mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 319.22kcal (15.96%), Fat: 26.62g (40.95%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 14.61g (5.31%), Sugar: 12.76g (14.17%), Cholesterol: 1.8mg (0.6%), Sodium: 663.44mg (28.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin K: 88.3µg (84.1%), Vitamin E: 5.01mg

(33.41%), Vitamin A: 1443.8IU (28.88%), Vitamin C: 21.07mg (25.54%), Manganese: 0.28mg (13.88%), Potassium: 397.09mg (11.35%), Fiber: 2.82g (11.27%), Iron: 1.51mg (8.37%), Copper: 0.16mg (7.98%), Magnesium: 29.39mg (7.35%), Folate: 25.52µg (6.38%), Vitamin B3: 1.26mg (6.32%), Calcium: 61.38mg (6.14%), Vitamin B6: 0.12mg (6.05%), Phosphorus: 50.46mg (5.05%), Vitamin B1: 0.06mg (3.78%), Zinc: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.51%), Selenium: 1.57µg (2.25%), Vitamin B5: 0.15mg (1.54%)