



Russian Tomato Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 3 bell peppers green chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 onions sweet chopped
- ☐ 2 tomatoes chopped

Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, toss together sweet onions, tomatoes, and green bell peppers.
- ☐ Blend sour cream and dill in a small bowl. Lightly toss into the salad mixture. Cover, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:9.3947824758032%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 17.61mg, Quercetin: 17.61mg, Quercetin: 17.61mg, Quercetin: 17.61mg

Nutrients (% of daily need)

Calories: 130.52kcal (6.53%), Fat: 7.71g (11.86%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 11.97g (4.35%), Sugar: 9.35g (10.39%), Cholesterol: 22.62mg (7.54%), Sodium: 24.59mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin C: 59.15mg (71.7%), Vitamin B6: 0.33mg (16.27%), Vitamin A: 806.75IU (16.13%), Potassium: 381mg (10.89%), Manganese: 0.21mg (10.41%), Fiber: 2.5g (9.99%), Folate: 39.88µg (9.97%), Vitamin K: 8.55µg (8.14%), Phosphorus: 80.71mg (8.07%), Calcium: 70.97mg (7.1%), Vitamin B1: 0.1mg (6.8%), Copper: 0.13mg (6.61%), Vitamin B2: 0.11mg (6.54%), Magnesium: 24.26mg (6.07%), Vitamin E: 0.61mg (4.06%), Vitamin B3: 0.71mg (3.56%), Iron: 0.63mg (3.51%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.97µg (2.81%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.08µg (1.34%)