



Rustic Mediterranean Tomato Salad



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 2 tablespoons capers drained
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1.5 tablespoons basil leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups grape tomatoes halved
- ☐ 3 ounces part-skim mozzarella cheese cut into 1/4-inch cubes
- ☐ 0.3 cup pepperoncini peppers sliced 6

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt

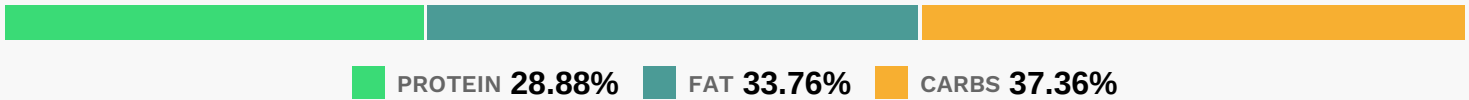
Equipment

- ☐ ziploc bags

Directions

- ☐ Cut artichoke quarters in half lengthwise, if desired, and place in a large zip-top plastic bag.
- ☐ Add tomatoes and remaining ingredients. Seal bag; toss to coat. Chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:5.661739156298%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 66.27kcal (3.31%), Fat: 2.42g (3.73%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.4g (2.66%), Cholesterol: 9.07mg (3.02%), Sodium: 458.65mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Vitamin K: 29.27µg (27.87%), Vitamin C: 13.55mg (16.42%), Vitamin A: 641.98IU (12.84%), Calcium: 122.15mg (12.22%), Phosphorus: 82.76mg (8.28%), Fiber: 2.04g (8.16%), Potassium: 165.25mg (4.72%), Manganese: 0.09mg (4.56%), Vitamin B6: 0.08mg (3.93%), Vitamin B2: 0.06mg (3.67%), Folate: 14.47µg (3.62%), Zinc: 0.53mg (3.52%), Magnesium: 12.32mg (3.08%), Selenium: 2.13µg (3.04%), Copper: 0.05mg (2.73%), Vitamin E: 0.36mg (2.42%), Vitamin B3: 0.42mg (2.11%), Vitamin B1: 0.03mg (2%), Iron: 0.35mg (1.97%), Vitamin B12: 0.12µg (1.94%)