



Savory Tomato Parfaits

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



34 kcal

Ingredients

- 0.5 pound cherry tomatoes red halved
- 4 servings breadsticks for garnish
- 0.5 pound heirloom tomatoes dark black such as krim cored and chopped
- 1 teaspoon parsley chopped
- 0.5 pound plum tomatoes yellow cored chopped
- 4 servings salt
- 0.3 teaspoon thyme leaves
- 3 drops citrus champagne vinegar

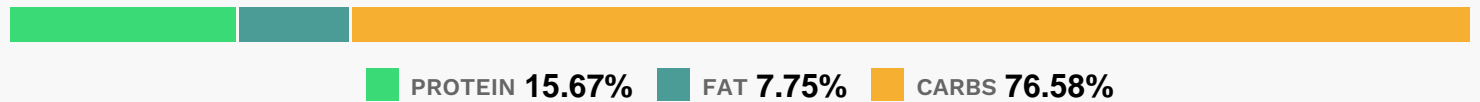
Equipment

blender

Directions

- In a blender, puree the dark tomatoes at high speed, until very smooth, 2 minutes; scrape down the sides as necessary. Season the puree with salt and carefully pour into 4 glasses. Refrigerate for about 30 minutes, until the puree has firmed up slightly.
- Rinse and dry the blender. Repeat the pureeing process with the yellow tomatoes.
- Add the parsley, thyme and vinegar; season with salt. Carefully pour the yellow puree into the glasses and refrigerate for about 15 minutes, until the yellow puree is set.
- Rinse and dry the blender and process the cherry tomatoes to make the top layer of the parfaits. Refrigerate for 30 minutes.
- Garnish with breadsticks and serve.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:6.6391304951647%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 34.41kcal (1.72%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 214.09mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin C: 28.7mg (34.79%), Vitamin A: 1229.91IU (24.6%), Potassium: 393.59mg (11.25%), Vitamin K: 10.96µg (10.43%), Manganese: 0.19mg (9.59%), Fiber: 1.84g (7.36%), Vitamin B6: 0.14mg (6.8%), Vitamin E: 0.93mg (6.2%), Folate: 24.47µg (6.12%), Copper: 0.11mg (5.52%), Vitamin B3: 0.98mg (4.89%), Magnesium: 17.82mg (4.46%), Iron: 0.78mg (4.33%), Phosphorus: 43.3mg (4.33%), Vitamin B1: 0.06mg (4.16%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.28mg (1.84%), Calcium: 18.28mg (1.83%), Vitamin B5: 0.17mg (1.75%)