



Simple heart of palm & tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 400 g palm hearts drained sliced into rounds canned
- ☐ 250 g pack cherry tomato halved
- ☐ 2 spring onion sliced
- ☐ 1 tbsp sherry vinegar
- ☐ 3 tbsp olive oil
- ☐ 1 large handful flat-leaf parsley chopped

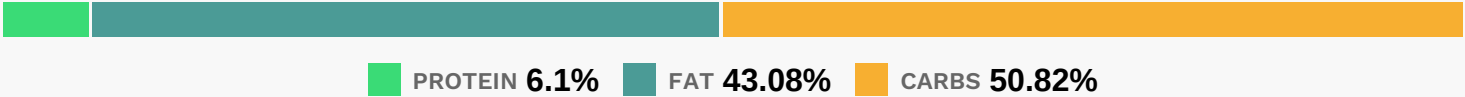
Equipment

- ☐ whisk

Directions

- ☐ Mix together the hearts of palm, tomatoes and spring onions.
- ☐ Whisk together the sherry vinegar and olive oil.
- ☐ Drizzle over the salad.
- ☐ Sprinkle with the parsley, toss everything together and serve.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:9.7208696370539%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 148.04kcal (7.4%), Fat: 7.19g (11.06%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 17.67g (6.43%), Sugar: 12.58g (13.97%), Cholesterol: 0mg (0%), Sodium: 15.27mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Potassium: 1310.61mg (37.45%), Vitamin B6: 0.58mg (28.8%), Vitamin K: 24.59µg (23.42%), Copper: 0.47mg (23.26%), Vitamin C: 16.48mg (19.98%), Zinc: 2.57mg (17.12%), Phosphorus: 107.07mg (10.71%), Vitamin E: 1.6mg (10.68%), Iron: 1.56mg (8.67%), Vitamin B2: 0.13mg (7.82%), Vitamin A: 345.12IU (6.9%), Folate: 24.99µg (6.25%), Fiber: 1.42g (5.67%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.05mg (3.41%), Magnesium: 11.65mg (2.91%), Manganese: 0.05mg (2.62%), Calcium: 20.6mg (2.06%)