



Sliced Tomato Salad with Capers and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers
- ☐ 2 tablespoons basil fresh coarsely chopped
- ☐ 1 small garlic clove minced
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.1 teaspoon salt
- ☐ 0.8 pound tomatoes

☐ 1 tablespoon water

Equipment

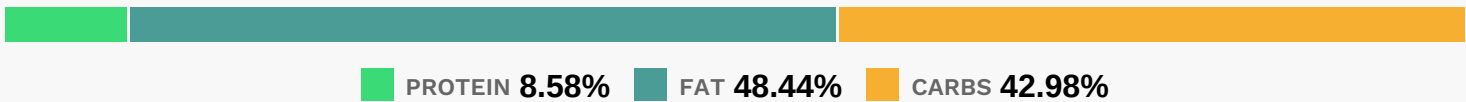
☐ bowl

☐ whisk

Directions

- ☐ Cut each tomato vertically into 6 slices. Arrange on a serving plate; sprinkle with capers and basil.
- ☐ Combine vinegar and remaining 5 ingredients in a small bowl; stir with a whisk.
- ☐ Pour vinegar mixture over tomato.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:3.968695619184%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 38.28kcal (1.91%), Fat: 2.19g (3.37%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 92.11mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 762.65IU (15.25%), Vitamin C: 12.09mg (14.65%), Vitamin K: 12.41µg (11.82%), Manganese: 0.14mg (7.14%), Potassium: 213.9mg (6.11%), Vitamin E: 0.76mg (5.08%), Fiber: 1.1g (4.4%), Vitamin B6: 0.08mg (3.97%), Folate: 13.6µg (3.4%), Copper: 0.06mg (3.07%), Magnesium: 11.08mg (2.77%), Vitamin B3: 0.52mg (2.62%), Phosphorus: 23.13mg (2.31%), Vitamin B1: 0.03mg (2.24%), Iron: 0.34mg (1.86%), Calcium: 13.64mg (1.36%), Zinc: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.1%)