



## Smoked Tomato Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon dijon mustard
- 1 tablespoon flat-leaf parsley fresh minced
- 1 teaspoon garlic minced
- 2 tablespoons olive oil extra-virgin
- 1 pound plum tomatoes
- 8 servings salt and pepper freshly ground
- 1 teaspoon worcestershire sauce

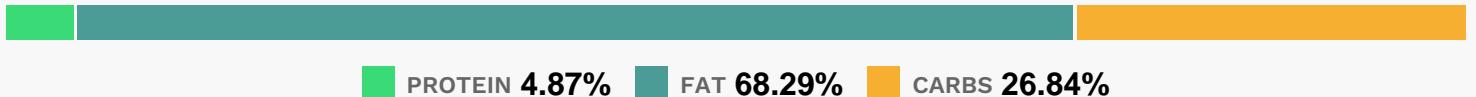
## Equipment

- food processor
- bowl
- frying pan
- pot
- grill
- grill pan

## Directions

- Preheat a rangetop grill or heat a large grill pan or cast-iron skillet.
- Add the tomatoes, cover with a metal bowl or pot lid and cook over high heat, turning once, until the skins are charred, about 10 minutes.
- Remove from the heat and let stand, covered, for 30 minutes.
- Discard the tomato skins and transfer the tomatoes to a food processor.
- Add the garlic, 2 tablespoons of water, the olive oil, vinegar, Worcestershire sauce and mustard and process until smooth.
- Transfer to a bowl and season with salt and pepper.
- Let the dressing stand at room temperature for 3 to 5 hours. Stir in the parsley just before serving.
- Make Ahead: The dressing can be refrigerated, covered, for up to 3 days.
- Notes: ONE TABLESPOON: Calories 11 kcal, Protein .1 gm, Carbohydrate .7 gm, Cholesterol 0, Total Fat .9 gm, Saturated Fat .2 gm

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:3.0560869548632%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 46.36kcal (2.32%), Fat: 3.64g (5.6%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.49g (0.9%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 214.58mg (9.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin K: 14.81µg (14.1%), Vitamin C: 8.65mg (10.48%), Vitamin A: 515.49IU (10.31%), Vitamin E: 0.82mg (5.45%), Potassium: 150.14mg (4.29%), Manganese: 0.08mg (4%), Fiber: 0.73g (2.93%), Vitamin B6: 0.05mg (2.54%), Folate: 9.38µg (2.34%), Copper: 0.04mg (1.92%), Magnesium: 7.46mg (1.87%), Vitamin B3: 0.35mg (1.77%), Phosphorus: 16.36mg (1.64%), Iron: 0.29mg (1.61%), Vitamin B1: 0.02mg (1.59%)