



# Southwestern Summer Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons olive oil extra virgin
- 0.3 teaspoon fennel seeds
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lime
- 1 chilies dried red
- 4 servings salt and pepper to taste
- 4 large tomatoes sliced

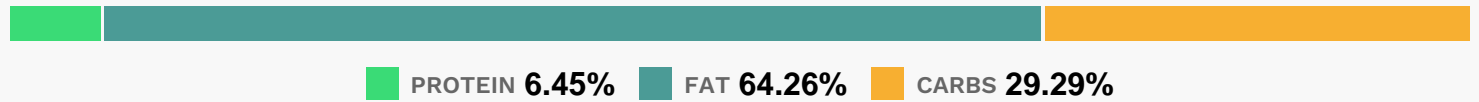
# Equipment

frying pan

# Directions

- Arrange tomato slices on a platter; sprinkle with lime juice.
- Warm oil in a small pan over moderate heat.
- Add cumin, fennel and chili pepper; cook for 30 seconds.
- Remove from heat, discard pod and cool.
- Spoon seasoned oil over tomatoes, sprinkle with cilantro, salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:18.75, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:7.8269565631838%

# Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

# Nutrients (% of daily need)

Calories: 96.93kcal (4.85%), Fat: 7.42g (11.42%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.91g (5.45%), Cholesterol: 0mg (0%), Sodium: 203.63mg (8.85%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin C: 26.19mg (31.74%), Vitamin A: 1566.3IU (31.33%), Vitamin K: 19.38µg (18.45%), Vitamin E: 2.01mg (13.41%), Potassium: 443.57mg (12.67%), Manganese: 0.22mg (11.14%), Fiber: 2.3g (9.21%), Vitamin B6: 0.15mg (7.47%), Folate: 27.88µg (6.97%), Copper: 0.11mg (5.58%), Vitamin B3: 1.11mg (5.56%), Magnesium: 21.43mg (5.36%), Vitamin B1: 0.07mg (4.65%), Phosphorus: 45.73mg (4.57%), Iron: 0.65mg (3.63%), Vitamin B2: 0.04mg (2.22%), Calcium: 21.76mg (2.18%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.17mg (1.69%)