



Spiced Marinated Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups and orange cherry tomatoes red yellow halved
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 4 garlic clove minced
- ☐ 0.3 cup spring onion thinly sliced (4)
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno thinly sliced

- ☐ 1 tablespoon brown sugar light
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup balsamic vinegar white

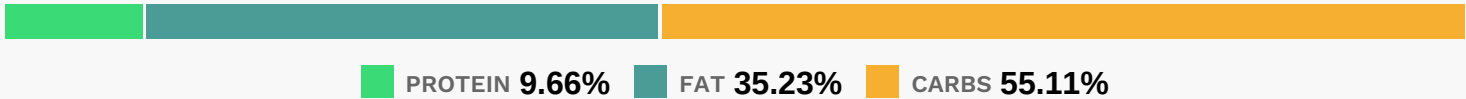
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine vinegar and remaining ingredients in a small bowl; stir until blended.
- ☐ Pour vinegar mixture over tomato mixture, tossing to coat. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:4.7926086964815%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 48.89kcal (2.44%), Fat: 1.99g (3.05%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 182.91mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin A: 1246.24IU (24.92%), Vitamin C: 16.01mg (19.41%), Vitamin K: 10.25µg (9.76%), Manganese: 0.14mg (7.18%), Folate: 26.21µg (6.55%), Potassium: 211.48mg (6.04%), Iron: 0.74mg (4.12%), Vitamin B6: 0.08mg (3.94%), Fiber: 0.97g (3.87%), Copper: 0.07mg (3.31%), Phosphorus: 30.9mg (3.09%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.54mg (2.71%), Magnesium: 10.55mg (2.64%), Vitamin E: 0.35mg (2.33%), Vitamin B2: 0.03mg (2.02%), Calcium: 17.06mg (1.71%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.17mg (1.14%)