

Summer Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 teaspoon brown sugar light packed
- ☐ 2 tablespoons malt vinegar
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon fleur del sel (preferably flaky sea salt or fleur de sel)
- ☐ 1 spring onion thinly sliced
- ☐ 2 lb tomatoes ripe

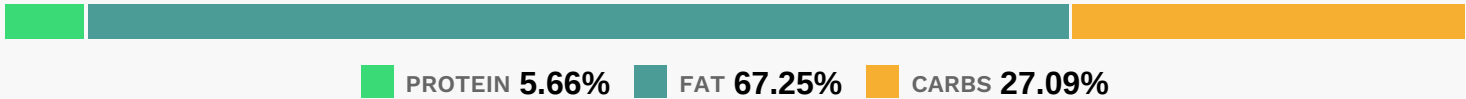
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together oil, vinegar, brown sugar, salt, and pepper in a small bowl. Arrange one third of tomatoes in 1 layer on a large plate, then drizzle with some dressing and sprinkle with some scallion. Make 2 more layers of tomatoes, drizzling each with dressing and sprinkling with scallion.
- ☐ Tomatoes can be sliced and dressed, without scallion, 6 hours ahead and chilled, covered with plastic wrap.
- ☐ Sprinkle scallion over tomatoes just before serving.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:6.700869542749%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg 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: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 93.01kcal (4.65%), Fat: 7.31g (11.25%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 4.72g (1.72%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 202.09mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin A: 1280.33IU (25.61%), Vitamin C: 21.09mg (25.56%), Vitamin K: 20.57µg (19.59%), Vitamin E: 1.84mg (12.25%), Potassium: 366.95mg (10.48%), Manganese: 0.2mg (10.03%), Fiber: 1.91g (7.63%), Vitamin B6: 0.12mg (6.14%), Folate: 23.99µg (6%), Copper: 0.09mg (4.69%), Vitamin B3: 0.91mg (4.56%), Magnesium: 17.42mg (4.36%), Vitamin B1: 0.06mg (3.81%), Phosphorus: 37.52mg (3.75%), Iron: 0.5mg (2.78%), Calcium: 18.22mg (1.82%), Vitamin B2: 0.03mg (1.8%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.14mg (1.39%)