



Sweet 'n' Sour Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup splenda® no calorie sweetener
- ☐ 6 servings salt and pepper to taste
- ☐ 7 tomatoes
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup distilled vinegar white
- ☐ 1 small onion yellow

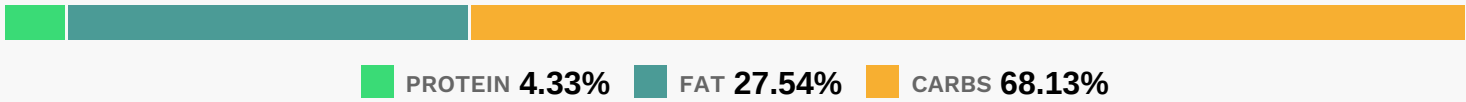
Equipment

- ☐ bowl

Directions

- ☐ Thinly slice the tomatoes.
- ☐ Cut the onion in half through root end, then thinly slice into half-circles. In a large bowl, toss together tomatoes, onion, SPLENDA® Granulated Sweetener, vinegar, oil, salt and pepper. You may adjust the amounts of vinegar and sweetener according to your taste.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:9.31, Inflammation Score:-7, Nutrition Score:6.2313043131776%

Flavonoids

Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 122.44kcal (6.12%), Fat: 3.93g (6.05%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 19.96g (7.26%), Sugar: 17.66g (19.62%), Cholesterol: 0mg (0%), Sodium: 201.86mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 20.52mg (24.88%), Vitamin A: 1195.59IU (23.91%), Vitamin K: 18.06µg (17.2%), Potassium: 358.26mg (10.24%), Manganese: 0.19mg (9.54%), Fiber: 1.92g (7.68%), Vitamin E: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.44%), Folate: 23.74µg (5.94%), Copper: 0.09mg (4.53%), Vitamin B3: 0.87mg (4.33%), Magnesium: 17.17mg (4.29%), Vitamin B1: 0.06mg (3.9%), Phosphorus: 38.67mg (3.87%), Iron: 0.42mg (2.34%), Calcium: 18.43mg (1.84%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.14mg (1.42%)