



Tomato

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 6 cups baby arugula fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons basil leaves fresh finely chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon tarragon leaves fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 tablespoon oregano leaves fresh finely chopped
- ☐ 2 ounce parmesan chunk
- ☐ 1 tablespoon parsley leaves fresh italian finely chopped
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons shallots minced
- ☐ 2 cups and/or tomatoes red yellow cut into 1/2-inch dice 2 to 3 tomatoes
- ☐ 5 ounces tomatoes sweet
- ☐ 10 large and/or tomatoes red yellow thinly sliced

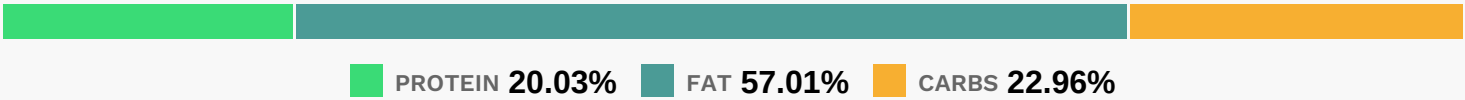
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ For the vinaigrette: In a medium bowl, combine the lemon juice, shallots, and garlic. Slowly whisk in the olive oil to form an emulsion.
- ☐ Add the chopped herbs. Stir in the diced tomatoes and Sweet 100's and mix well. Season with salt and pepper.
- ☐ To assemble: On a round platter, arrange the sliced tomatoes in concentric circles, slightly overlapping the slices and alternating colors if using both red and yellow tomatoes. Season with salt and pepper.
- ☐ Spoon the tomatoes from the vinaigrette over the sliced tomatoes, leaving some of the vinaigrette in the bowl. Toss the arugula in the bowl with the remaining vinaigrette. Season with salt and pepper. Arrange the arugula in the middle of the platter. Using a vegetable peeler, shave thin slices of Parmesan over the tomatoes and arugula. Pass freshly ground black pepper.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:7.1443478380856%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 72.44kcal (3.62%), Fat: 4.88g (7.51%), Saturated Fat: 1.6g (10%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.17g (1.3%), Cholesterol: 4.82mg (1.61%), Sodium: 418.96mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin K: 35.89µg (34.18%), Vitamin A: 705.87IU (14.12%), Calcium: 138.99mg (13.9%), Vitamin C: 11.16mg (13.52%), Manganese: 0.27mg (13.41%), Folate: 35.7µg (8.92%), Phosphorus: 81.52mg (8.15%), Potassium: 253.93mg (7.26%), Iron: 1.15mg (6.41%), Magnesium: 23.28mg (5.82%), Fiber: 1.23g (4.92%), Vitamin B6: 0.1mg (4.86%), Vitamin E: 0.7mg (4.66%), Vitamin B2: 0.08mg (4.42%), Copper: 0.08mg (4.09%), Vitamin B3: 0.73mg (3.66%), Zinc: 0.48mg (3.2%), Selenium: 1.96µg (2.79%), Vitamin B1: 0.04mg (2.56%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.09µg (1.42%)