



Tomato and Feta Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pint cherry tomatoes halved
- ☐ 0.3 teaspoon coarse salt
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 teaspoons olive oil
- ☐ 2 tablespoons shallots finely chopped
- ☐ 4 teaspoons citrus champagne vinegar

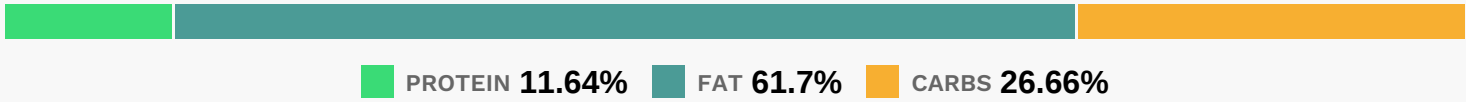
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar, olive oil, and salt in a salad bowl. Stir in cherry tomatoes, shallot, feta cheese, and basil.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:6.5460869643999%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 86.28kcal (4.31%), Fat: 6.16g (9.47%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.98g (1.81%), Sugar: 3.34g (3.71%), Cholesterol: 8.34mg (2.78%), Sodium: 266.35mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin C: 27.58mg (33.43%), Vitamin A: 670.97IU (13.42%), Vitamin K: 10.08µg (9.6%), Vitamin E: 1.27mg (8.44%), Potassium: 285.36mg (8.15%), Manganese: 0.16mg (7.78%), Vitamin B6: 0.15mg (7.6%), Phosphorus: 68.68mg (6.87%), Calcium: 63.28mg (6.33%), Vitamin B2: 0.11mg (6.29%), Iron: 1mg (5.57%), Folate: 20.76µg (5.19%), Copper: 0.1mg (5.03%), Fiber: 1g (4.02%), Vitamin B1: 0.06mg (4.02%), Vitamin B3: 0.74mg (3.71%), Magnesium: 14.32mg (3.58%), Zinc: 0.47mg (3.1%), Selenium: 2.06µg (2.94%), Vitamin B12: 0.16µg (2.64%), Vitamin B5: 0.26mg (2.6%)