



Tomato-and-Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings basil
- ☐ 6 basil fresh
- ☐ 1 tomatoes green sliced
- ☐ 1 pound heirloom tomatoes assorted cubed sliced
- ☐ 12 oz heirloom tomatoes halved
- ☐ 2 pounds wedges honeydew melon sliced
- ☐ 2 nectarines sliced
- ☐ 1 peaches fresh sliced

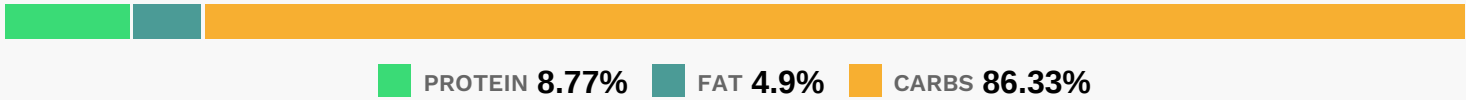
- ☐ 2 plums red cut into wedges
- ☐ 2 pounds watermelon sliced

Equipment

Directions

- ☐ Arrange first 9 ingredients on a serving platter.
- ☐ Serve with Basil-Orange Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:41.26, Glycemic Load:7.64, Inflammation Score:-8, Nutrition Score:9.9404346631921%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 100.95kcal (5.05%), Fat: 0.62g (0.95%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 21.45g (7.8%), Sugar: 20.39g (22.65%), Cholesterol: 0mg (0%), Sodium: 28.54mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin C: 40.53mg (49.12%), Vitamin A: 1608.63IU (32.17%), Vitamin K: 21.39µg (20.37%), Potassium: 604.5mg (17.27%), Fiber: 3.05g (12.19%), Manganese: 0.22mg (10.94%), Vitamin B6: 0.21mg (10.61%), Folate: 37.76µg (9.44%), Magnesium: 34.22mg (8.55%), Copper: 0.17mg (8.45%), Vitamin B3: 1.59mg (7.94%), Vitamin B1: 0.12mg (7.92%), Vitamin E: 0.87mg (5.83%), Vitamin B5: 0.57mg (5.71%), Phosphorus: 56.5mg (5.65%), Iron: 0.88mg (4.88%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.44mg (2.94%), Calcium: 27.26mg (2.73%), Selenium: 1.37µg (1.96%)