



Tomato and Herb Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 cup grape tomatoes cut in half
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 tablespoons parsley fresh italian chopped (flat-leaf)
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 teaspoon salt

- ☐ 0.3 cup onion sweet thinly sliced (such as Walla Walla or Maui)
- ☐ 5 tomatoes yellow assorted sliced cut into wedges (varieties, including and/or heirlooms)

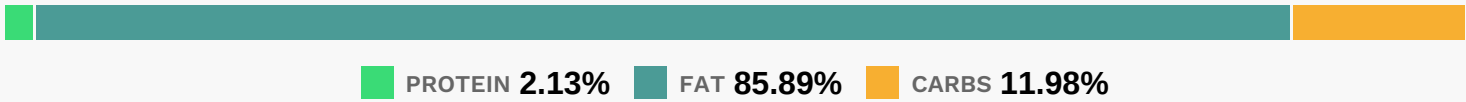
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, beat dressing ingredients with wire whisk until well blended.
- ☐ On large platter, arrange tomatoes and onion.
- ☐ Drizzle dressing over tomatoes and onion.
- ☐ Sprinkle with basil, parsley and oregano.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:3.4843478060287%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 69.89kcal (3.49%), Fat: 6.86g (10.56%), Saturated Fat: 0.96g (6%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 293.66mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin K: 32µg (30.48%), Vitamin E: 1.31mg (8.76%), Vitamin A: 287.76IU (5.76%), Manganese: 0.11mg (5.74%), Vitamin C: 4.32mg (5.24%), Iron: 0.68mg (3.79%), Fiber: 0.88g (3.51%), Calcium: 26.3mg (2.63%), Potassium: 78.45mg (2.24%), Folate: 8.98µg (2.24%), Vitamin B6: 0.04mg (1.84%), Magnesium: 7.22mg (1.8%), Copper: 0.03mg (1.41%), Vitamin B3: 0.2mg (1.01%)