



Tomato-and-Onion Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tablespoons balsamic vinegar
- 0.3 cup olive oil extra virgin
- 0.3 cup basil fresh chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 teaspoon sugar
- 1 medium size onion sweet thinly sliced
- 4 large tomatoes thinly sliced

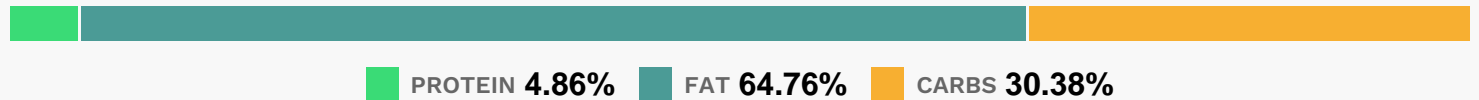
Equipment

- bowl
- whisk
- slotted spoon

Directions

- Whisk together first 5 ingredients in a large bowl. Arrange tomato and onion slices in rows in a serving dish.
- Sprinkle with chopped basil, and drizzle evenly with marinade. Cover and let stand at room temperature for at least 2 hours.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:5.1226087160732%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 6.97g (10.73%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.87g (2.13%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 154.07mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin C: 14.59mg (17.68%), Vitamin A: 798.35IU (15.97%), Vitamin K: 14.59µg (13.9%), Vitamin E: 1.48mg (9.86%), Manganese: 0.16mg (7.8%), Potassium: 271.41mg (7.75%), Vitamin B6: 0.13mg (6.4%), Fiber: 1.49g (5.97%), Folate: 23.69µg (5.92%), Copper: 0.08mg (4.07%), Magnesium: 14.68mg (3.67%), Phosphorus: 34.1mg (3.41%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.6mg (3.02%), Iron: 0.44mg (2.47%), Calcium: 19.95mg (1.99%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.12mg (1.24%)