



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 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

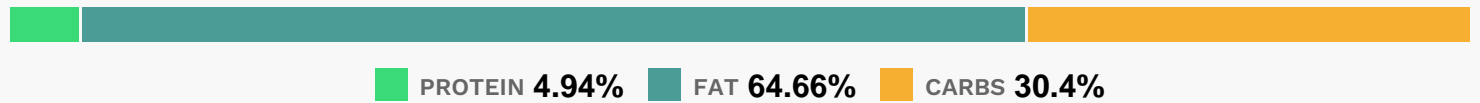
Directions

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:41.26, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:5.3578261059263%

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: 92.91kcal (4.65%), Fat: 6.98g (10.73%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.87g (2.14%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 154.1mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 14.72mg (17.85%), Vitamin K: 17.7µg (16.86%), Vitamin A: 837.91IU (16.76%), Vitamin E: 1.48mg (9.9%), Manganese: 0.16mg (8.23%), Potassium: 273.62mg (7.82%), Vitamin B6: 0.13mg (6.45%), Folate: 24.2µg (6.05%), Fiber: 1.5g (6.02%), Copper: 0.08mg (4.22%), Magnesium: 15.16mg (3.79%), Phosphorus: 34.52mg (3.45%), Vitamin B1: 0.05mg (3.41%), Vitamin B3: 0.61mg (3.05%), Iron: 0.47mg

(2.6%), Calcium: 21.28mg (2.13%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.13mg (1.26%)