



Tomato and Radish Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 stalks celery with leaves, sliced leaves too!
- ☐ 2 quarts grape tomatoes sliced in half
- ☐ 4 green onions thinly sliced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 8 ounce mozzarella balls mini drained
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bunch radishes trimmed very thin sliced

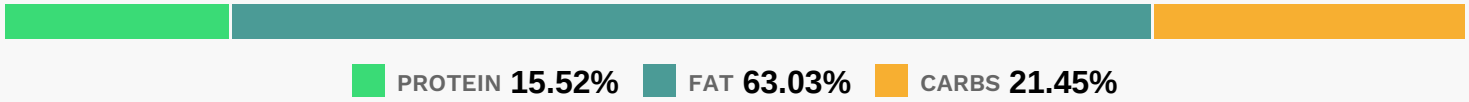
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the radishes, celery, tomatoes, green onions and mozzarella in a medium bowl and toss together.
- ☐ Drizzle with the olive oil and season liberally with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:15.356521739908%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 236.85kcal (11.84%), Fat: 17.77g (27.34%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 9.24g (3.36%), Sugar: 8.82g (9.8%), Cholesterol: 13.61mg (4.54%), Sodium: 58.01mg (2.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Vitamin C: 46.37mg (56.2%), Vitamin A: 2768.46IU (55.37%), Vitamin K: 51.08µg (48.65%), Potassium: 825.2mg (23.58%), Vitamin E: 3.08mg (20.54%), Manganese: 0.4mg (20.23%), Calcium: 180.24mg (18.02%), Fiber: 4.37g (17.46%), Folate: 59.34µg (14.83%), Vitamin B6: 0.27mg (13.67%), Copper: 0.2mg (10.15%), Vitamin B3: 1.98mg (9.9%), Magnesium: 38.77mg (9.69%), Phosphorus: 83.69mg (8.37%), Vitamin B1: 0.13mg (8.33%), Iron: 1.09mg (6.03%), Vitamin B2: 0.08mg (4.55%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.33mg (3.35%)