



Tomato and Vidalia Onion Salad with Steak Sauce Dressing



Gluten Free



Dairy Free

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READY IN

ready

13 min.

SERVINGS

servings

4

CALORIES

calories

188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 beefsteak tomatoes sliced



3 tablespoons brown sugar



1 cup tomato sauce canned



2 tablespoons olive oil extra virgin



2 tablespoons parsley leaves chopped



1 teaspoon coarse pepper black



0.3 red wine vinegar

- ☐ 4 servings salt
- ☐ 1 large vidalia onion peeled sliced into 1/ slices
- ☐ 1 tablespoon worcestershire sauce

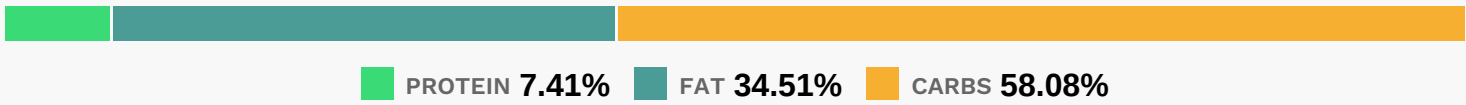
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan over moderate heat combine vinegar, sugar, Worcestershire and pepper. Allow sugar to dissolve in vinegar and liquids to come to a bubble.
- ☐ Remove sauce from heat and whisk in tomato sauce, then extra-virgin olive oil.
- ☐ Let dressing stand.
- ☐ Arrange sliced tomatoes and onions on a serving platter. Season tomatoes and onions with salt, to taste
- ☐ Pour dressing over the tomatoes and onions and garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:16.863043510396%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 188.42kcal (9.42%), Fat: 7.79g (11.99%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 24.59g (8.94%), Sugar: 22.22g (24.68%), Cholesterol: 0mg (0%), Sodium: 562.62mg (24.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin K: 59.98µg (57.13%), Vitamin C: 46.41mg (56.25%), Vitamin A: 2564.76IU (51.3%), Potassium: 948.56mg (27.1%), Manganese: 0.49mg (24.62%), Vitamin E: 3.31mg (22.05%), Fiber: 4.92g (19.66%), Vitamin B6: 0.38mg (18.93%), Folate: 66.35µg (16.59%), Copper: 0.29mg (14.49%), Magnesium: 47.91mg (11.98%), Vitamin B3: 2.3mg (11.52%), Iron: 1.99mg (11.08%), Phosphorus: 104.94mg (10.49%), Vitamin B1: 0.15mg (9.88%), Calcium: 67.81mg (6.78%), Vitamin B2: 0.11mg (6.66%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.71mg (4.76%), Selenium: 0.94µg (1.34%)