



Tomato and Watermelon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 large beefsteak tomatoes washed and dried stemmed (or other large variety)
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pint cherry tomatoes washed and dried stemmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings maldon sea salt
- ☐ 4 strawberries washed and cut into very small pieces hulled

- ☐ 1 teaspoons caster sugar (or granulated)
- ☐ 1 tablespoon tarragon leaves chopped
- ☐ 6 ounces watermelon cold seeded cut into bite-size cubes

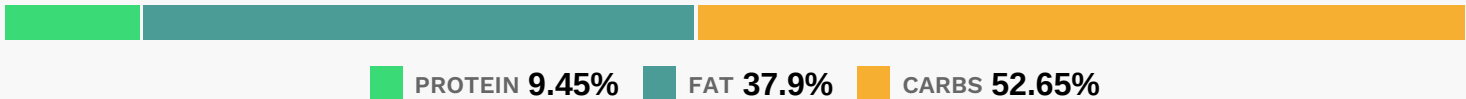
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together the balsamic, lemon juice, and olive oil. Taste for seasoning. Set aside.
- ☐ Place the tomatoes on a flat surface.
- ☐ Cut the smaller ones in half and the larger ones into slices. Arrange all of them in a single layer, flesh side up. Season them with salt, black pepper and sugar.
- ☐ Drizzle the tomatoes with the dressing. Toss them with the tarragon and strawberries.
- ☐ Arrange the tomatoes down the length of 6 rectangular plates.
- ☐ Drizzle with the remaining dressing and top with the watermelon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.84, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:7.2239129491474%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

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Nutrients (% of daily need)

Calories: 66.8kcal (3.34%), Fat: 3.06g (4.7%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 7.82g (2.84%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 206.38mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Vitamin C: 31.54mg (38.23%), Vitamin A: 1156.39IU (23.13%), Manganese: 0.28mg (13.93%), Potassium: 397.63mg (11.36%), Vitamin K: 10.31µg (9.82%), Vitamin E: 1.21mg (8.07%), Vitamin B6: 0.15mg (7.47%), Fiber: 1.73g (6.94%), Folate: 25.31µg (6.33%), Iron: 1.05mg (5.82%), Copper: 0.12mg (5.75%), Magnesium: 21.38mg (5.35%), Vitamin B3: 0.96mg (4.81%), Phosphorus: 44.55mg (4.45%), Vitamin B1: 0.06mg (4.26%), Calcium: 29.21mg (2.92%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.3mg (1.98%)