



Tomato Basil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 16 basil leaves fresh plus more if needed
- 5 cloves garlic finely minced
- 1 pint grape tomatoes red halved lengthwise
- 1 pint grape tomatoes yellow halved lengthwise
- 0.3 cup olive oil
- 8 servings salt and pepper

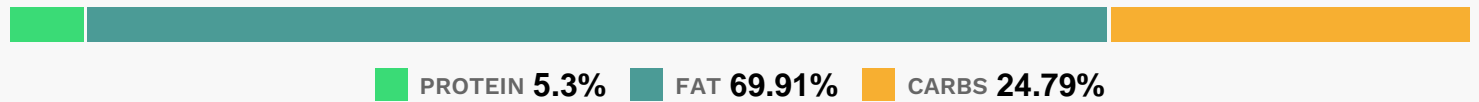
Equipment

- bowl
- frying pan
- mixing bowl

Directions

- In a small skillet, heat the olive oil over medium-high heat.
- Add the garlic and stir, lightly frying for about a minute and removing from the heat before the garlic gets too brown (it can be golden).
- Pour it into a mixing bowl and allow to cool slightly.
- Add the tomatoes, balsamic, basil and some salt and pepper to the bowl. Toss to combine, and then taste and add more basil if needed, and more salt if needed.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.56, Inflammation Score:-7, Nutrition Score:5.5573913118114%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg 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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 85.7kcal (4.29%), Fat: 7g (10.77%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.11g (1.5%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 200.65mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin A: 1027.76IU (20.56%), Vitamin C: 16.94mg (20.53%), Vitamin K: 16.76µg (15.96%), Vitamin E: 1.62mg (10.79%), Manganese: 0.18mg (8.93%), Potassium: 292.58mg (8.36%), Vitamin B6: 0.12mg (5.96%), Fiber: 1.47g (5.89%), Folate: 18.34µg (4.59%), Copper: 0.08mg (3.96%), Vitamin B3: 0.72mg (3.62%), Magnesium: 14.24mg (3.56%), Phosphorus: 32.09mg (3.21%), Vitamin B1: 0.05mg (3.19%), Iron: 0.43mg (2.39%), Calcium: 17.37mg (1.74%), Zinc: 0.23mg (1.54%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.12mg (1.18%)