



WHATSheATE



Tomato, Cucumber, and Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



10 large basil leaves



8 ounces cherry and tomatoes teardrop-shaped halved



0.8 cucumber english peeled cut into chunks



1.8 pounds heirloom tomatoes ripe cut into chunks



0.3 cup olive oil extra-virgin



0.3 teaspoon pepper



2 tablespoons red wine vinegar



1 teaspoon sea salt such as sel gris

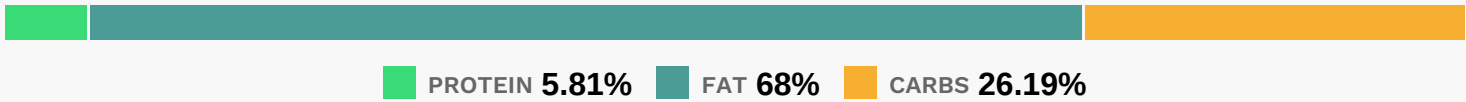
Equipment

☐ bowl

Directions

☐ Gently combine all ingredients in a bowl and let sit a few minutes. Toss again.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:6.2478260359038%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 87.84kcal (4.39%), Fat: 7.02g (10.79%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 299.79mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 20.95mg (25.4%), Vitamin A: 1021.41IU (20.43%), Vitamin K: 19.49µg (18.56%), Vitamin E: 1.68mg (11.2%), Potassium: 342.2mg (9.78%), Manganese: 0.18mg (9.06%), Fiber: 1.55g (6.21%), Vitamin B6: 0.11mg (5.7%), Folate: 20.89µg (5.22%), Copper: 0.09mg (4.73%), Magnesium: 17.71mg (4.43%), Phosphorus: 39.18mg (3.92%), Vitamin B3: 0.77mg (3.86%), Vitamin B1: 0.05mg (3.65%), Iron: 0.62mg (3.44%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.2mg (2%), Calcium: 19.18mg (1.92%), Zinc: 0.27mg (1.81%)