



Tomato, Pepper and Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 3 tablespoons olive oil extra-virgin
- 2 cubanelle peppers seeded thinly sliced
- 4 plum tomatoes halved thinly sliced
- 0.5 onion red thinly sliced
- 4 servings salt and pepper

Equipment

- bowl

Directions

Combine vegetables in bowl and dress with vinegar, extra-virgin olive oil, salt and pepper.

Nutrition Facts

PROTEIN 3.78% **FAT 74.28%** **CARBS 21.94%**

Properties

Glycemic Index:31.25, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:7.7895653341775%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 124.9kcal (6.24%), Fat: 10.74g (16.52%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 200.35mg (8.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 57.35mg (69.51%), Vitamin K: 15.68µg (14.93%), Vitamin A: 736.89IU (14.74%), Vitamin E: 2.07mg (13.8%), Vitamin B6: 0.2mg (9.97%), Manganese: 0.17mg (8.34%), Fiber: 1.99g (7.96%), Potassium: 275.77mg (7.88%), Folate: 17.86µg (4.47%), Vitamin B1: 0.06mg (4.21%), Copper: 0.08mg (4.12%), Magnesium: 14.63mg (3.66%), Vitamin B3: 0.67mg (3.35%), Phosphorus: 31.53mg (3.15%), Iron: 0.49mg (2.71%), Vitamin B2: 0.03mg (1.89%), Calcium: 16.62mg (1.66%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.13mg (1.31%)