



Tomato Salad with Goat Cheese and Basil



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup goat cheese crumbled
- ☐ 4 medium heirloom tomatoes cored cut into 1/2-inch-thick wedges (2 pounds)
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil extra-virgin

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1.5 tablespoons citrus champagne vinegar

Equipment

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bowl

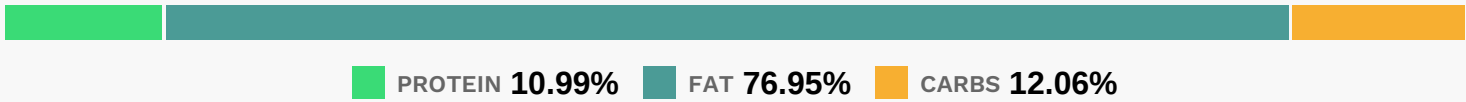
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whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring with a whisk.
- ☐ Add chopped basil and tomato wedges; toss to coat. Cover and let stand for 1 hour, tossing occasionally. Top with basil leaves and goat cheese.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:5.4252173641454%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 112.06kcal (5.6%), Fat: 9.84g (15.14%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.42g (0.88%), Sugar: 2.28g (2.53%), Cholesterol: 5.8mg (1.93%), Sodium: 244.92mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 19.36µg (18.44%), Vitamin A: 919.33IU (18.39%), Vitamin C: 11.77mg (14.27%), Vitamin E: 1.49mg (9.94%), Copper: 0.15mg (7.58%), Manganese: 0.15mg (7.51%), Potassium: 208.2mg (5.95%), Phosphorus: 54.28mg (5.43%), Vitamin B6: 0.11mg (5.33%), Fiber: 1.05g (4.19%), Vitamin B2: 0.07mg (3.87%), Folate: 15.2µg (3.8%), Iron: 0.6mg (3.33%), Magnesium: 12.74mg (3.19%), Calcium: 31.08mg (3.11%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.04mg (2.73%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.17mg (1.67%)