



Tomato Salad with Shallot Vinaigrette, Capers, and Basil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 10 medium basil fresh
- ☐ 5 large heirloom tomatoes ripe cut into 1/2" slices
- ☐ 0.5 teaspoon kosher salt plus more
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons salt-packed capers rinsed

- ☐ 3 tablespoons shallots minced
- ☐ 0.5 teaspoon sugar

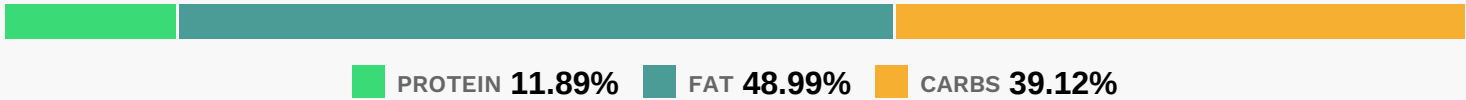
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine shallots, vinegar, 1/2 teaspoon salt, and sugar in a small bowl. Gradually whisk in oil to blend. Set vinaigrette aside.
- ☐ Arrange tomatoes on a large platter.
- ☐ Sprinkle capers over; season with salt and pepper. Scatter basil on top.
- ☐ Whisk vinaigrette again; drizzle over salad.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:4.9847826264475%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 52.61kcal (2.63%), Fat: 3g (4.62%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 433.28mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin A: 974.61IU (19.49%), Vitamin C: 16mg (19.4%), Vitamin K: 12.88µg (12.27%), Potassium: 287.17mg (8.2%), Manganese: 0.16mg (8.1%), Vitamin E: 1.01mg (6.73%), Fiber: 1.52g (6.07%), Vitamin B6: 0.1mg (5.25%), Folate: 18.69µg (4.67%), Copper: 0.07mg (3.72%), Magnesium: 14.02mg (3.5%), Vitamin B3: 0.69mg (3.44%), Phosphorus: 30.44mg (3.04%), Vitamin B1: 0.04mg (2.97%), Iron: 0.42mg (2.33%), Calcium: 14.55mg (1.45%), Zinc: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.11mg

(1.15%)