



Tomato, Sweet Onion, and Parsley Salad

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1.5 cups grape tomatoes halved
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup vidalia sweet thinly sliced

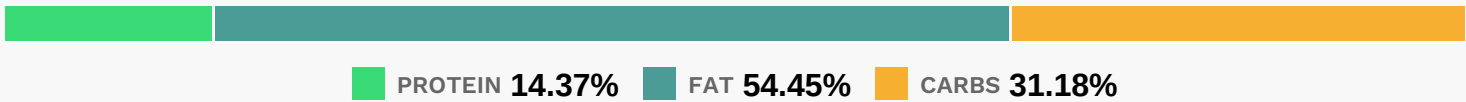
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine olive oil, vinegar, salt, and pepper in a medium bowl; stir with a whisk.
- ☐ Add tomatoes, onion, and parsley to bowl; toss to coat.
- ☐ Sprinkle salad with feta cheese.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:9.5552174468403%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 55.34kcal (2.77%), Fat: 3.52g (5.41%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.54g (2.82%), Cholesterol: 7.57mg (2.52%), Sodium: 178.31mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 128.63µg (122.51%), Vitamin A: 1133.65IU (22.67%), Vitamin C: 18.6mg (22.54%), Folate: 27.11µg (6.78%), Calcium: 62.25mg (6.23%), Potassium: 204.39mg (5.84%), Vitamin B6: 0.11mg (5.68%), Vitamin B2: 0.09mg (5.52%), Phosphorus: 52mg (5.2%), Manganese: 0.1mg (5.1%), Fiber: 1.11g (4.46%), Iron: 0.74mg (4.13%), Vitamin E: 0.59mg (3.96%), Magnesium: 13.47mg (3.37%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.95%), Vitamin B3: 0.54mg (2.71%), Vitamin B12: 0.14µg (2.39%), Selenium: 1.39µg (1.98%), Vitamin B5: 0.18mg (1.82%)