



WHATSheATE



Tomato, Sweet Onion, and Parsley Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 teaspoon pepper black freshly ground



2 pounds cherry tomatoes cut in half



0.8 cup flat-leaf parsley chopped



0.5 teaspoon kosher salt



0.3 cup juice of lime fresh



2 medium onions sweet cut into 1/4-in.-thick wedges (such as Walla Walla or Maui)

Equipment

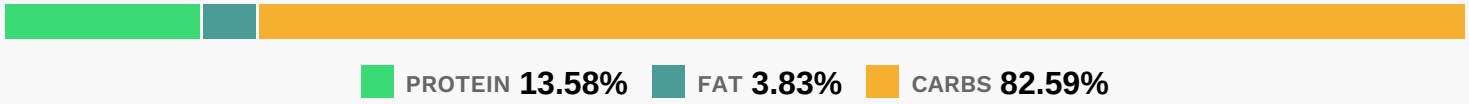


bowl

Directions

- ☐
- Put onions in a bowl of cold water and soak for 5 minutes.
- ☐
- Drain.
- ☐
- In large bowl, toss tomatoes with onions, hearts of palm, parsley, lime juice, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:11.423043556835%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 51.12kcal (2.56%), Fat: 0.24g (0.38%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.08g (3.67%), Sugar: 7.15g (7.95%), Cholesterol: 0mg (0%), Sodium: 167.76mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin K: 95.92µg (91.36%), Vitamin C: 39.58mg (47.97%), Vitamin A: 1033.66IU (20.67%), Potassium: 387.38mg (11.07%), Folate: 43.1µg (10.78%), Manganese: 0.21mg (10.43%), Vitamin B6: 0.21mg (10.27%), Iron: 1.36mg (7.53%), Copper: 0.14mg (7.18%), Fiber: 1.79g (7.14%), Phosphorus: 58.61mg (5.86%), Vitamin B1: 0.08mg (5.44%), Magnesium: 21.29mg (5.32%), Vitamin E: 0.71mg (4.74%), Vitamin B3: 0.8mg (4%), Calcium: 38.49mg (3.85%), Vitamin B2: 0.05mg (2.85%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.33mg (2.23%), Selenium: 1µg (1.43%)