



Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



7 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon ground mustard
- 0.5 cup tomatoes chopped
- 2 tablespoons citrus champagne vinegar

Equipment

- food processor
- blender

Directions

- In a blender or small food processor, blend or process the tomatoes, vinegar, basil, thyme, and mustard on medium to high speed, about 25 seconds or until well combined. To store, transfer to a jar with a tight-fitting cover and refrigerate for up to 2 days. Shake well before serving.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:1.2608695710483%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 6.68kcal (0.33%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 1.73mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 5.77µg (5.5%), Vitamin C: 2.67mg (3.24%), Vitamin A: 160.9IU (3.22%), Manganese: 0.05mg (2.64%), Iron: 0.37mg (2.08%), Potassium: 53.22mg (1.52%), Fiber: 0.35g (1.39%), Magnesium: 4.44mg (1.11%)