



## Tomato Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon mustard dry
- 2 tablespoons olive oil extra-virgin
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt
- 1 tablespoon shallots minced
- 8 oz firm-ripe tomatoes diced

## Equipment

bowl

## Directions

In a bowl, combine tomatoes, vinegar, oil, shallot, mustard, salt, and pepper.

Mix well.

## Nutrition Facts

**PROTEIN 3.28%** **FAT 82.41%** **CARBS 14.31%**

## Properties

Glycemic Index:25, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:3.0295652306598%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 78.31kcal (3.92%), Fat: 7.21g (11.09%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 295.21mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin C: 8.06mg (9.77%), Vitamin A: 473.16IU (9.46%), Vitamin E: 1.33mg (8.86%), Vitamin K: 8.93µg (8.51%), Manganese: 0.1mg (5.08%), Potassium: 152.19mg (4.35%), Fiber: 0.82g (3.29%), Vitamin B6: 0.06mg (2.77%), Folate: 9.78µg (2.45%), Magnesium: 8.51mg (2.13%), Copper: 0.04mg (2.03%), Phosphorus: 18.57mg (1.86%), Iron: 0.33mg (1.82%), Vitamin B3: 0.36mg (1.78%), Vitamin B1: 0.02mg (1.64%)