



Tupelo Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cucumber seeds removed and thinly sliced peeled
- ☐ 2 cloves garlic with the side of a knife blade and minced crushed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 pounds tomatoes ripe cut into wedges
- ☐ 1 onion white

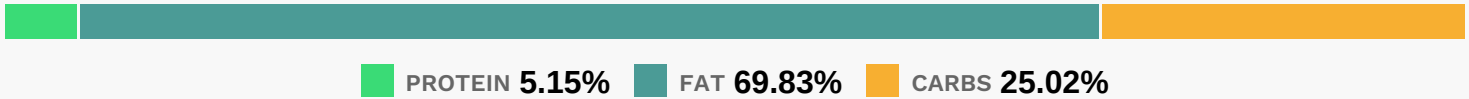
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together oil, vinegar, and garlic in a salad bowl. Toss with onion and cucumber, and gently fold in tomato. Season with salt and pepper, and serve at room temperature family style.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:9.8930436580077%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 173.27kcal (8.66%), Fat: 13.99g (21.52%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.22g (2.99%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 12.15mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin C: 28.08mg (34.04%), Vitamin A: 1468.54IU (29.37%), Vitamin K: 26.9µg (25.62%), Vitamin E: 2.89mg (19.28%), Manganese: 0.32mg (16.09%), Potassium: 548.88mg (15.68%), Fiber: 3.06g (12.22%), Vitamin B6: 0.22mg (11.18%), Folate: 40.6µg (10.15%), Copper: 0.17mg (8.37%), Magnesium: 30.71mg (7.68%), Vitamin B1: 0.1mg (6.69%), Phosphorus: 66.55mg (6.66%), Vitamin B3: 1.08mg (5.4%), Iron: 0.82mg (4.53%), Calcium: 36.88mg (3.69%), Vitamin B5: 0.36mg (3.64%), Vitamin B2: 0.06mg (3.47%), Zinc: 0.48mg (3.17%)