



Vine-ripe Tomato Salad with Queso Fresco, Cilantro, and Serrano

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon mexican oregano
- ☐ 0.3 cup queso fresco
- ☐ 1 onion red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 1 serrano thinly sliced

- ☐ 2 large round tomatoes
- ☐ 1 tablespoon citrus champagne vinegar

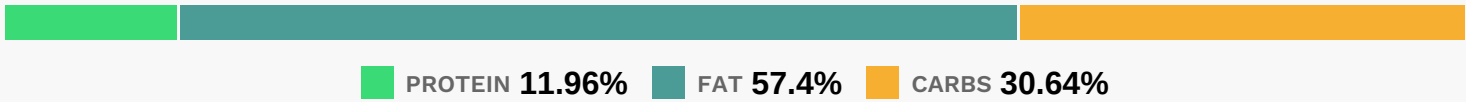
Equipment

- ☐ bowl

Directions

- ☐ Slice tomatoes about 1/4-inch thick and arrange on a plate with the sliced onions.
- ☐ Place the sliced chile alongside the tomatoes and sprinkle the cilantro on top and around the plate. Crumble the queso fresco on top.
- ☐ In a bowl combine the oregano, oil, and vinegar and mix well.
- ☐ Drizzle the vinaigrette on top just before serving. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:5.6782608084057%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 83.71kcal (4.19%), Fat: 5.57g (8.57%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.76g (4.18%), Cholesterol: 5.4mg (1.8%), Sodium: 262.15mg (11.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin C: 14.56mg (17.65%), Vitamin A: 835.29IU (16.71%), Vitamin K: 12.9µg (12.29%), Manganese: 0.17mg (8.39%), Potassium: 274.01mg (7.83%), Vitamin E: 1.12mg (7.49%), Fiber: 1.77g (7.1%), Calcium: 67.01mg (6.7%), Phosphorus: 60.26mg (6.03%), Vitamin B6: 0.12mg (5.85%), Folate: 20.66µg (5.16%), Magnesium: 16.12mg (4.03%), Copper: 0.07mg (3.54%), Vitamin B1: 0.05mg (3.36%), Iron: 0.55mg (3.03%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.41mg (2.76%), Vitamin B2: 0.04mg (2.39%), Selenium: 1.63µg (2.33%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.15mg (1.47%), Vitamin D: 0.21µg (1.37%)