



Vodka-Spiked Tomatoes with Lemon Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound cherry tomatoes
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup vodka

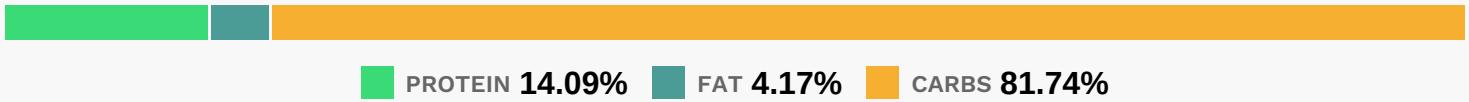
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Using a sharp knife, score bottom of each tomato with an X; transfer to a bowl. Bring a kettle of water to a boil; pour water over tomatoes.
- ☐ Let stand 30 seconds; drain tomatoes and run under cold water. Cool. Peel tomatoes.
- ☐ In a shallow dish, whisk together vodka, lemon juice, and sugar. Toss with tomatoes. Cover and refrigerate (30–60 minutes).
- ☐ Stir together last 3 ingredients; sprinkle tomatoes with lemon salt and serve.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:4.6491304843322%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 62.41kcal (3.12%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 594.11mg (25.83%), Alcohol: 5.01g (100%), Alcohol %: 4.68% (100%), Protein: 1.12g (2.24%), Vitamin C: 27.63mg (33.49%), Vitamin A: 556.23IU (11.12%), Manganese: 0.15mg (7.65%), Potassium: 255.09mg (7.29%), Vitamin B6: 0.09mg (4.62%), Copper: 0.09mg (4.56%), Iron: 0.81mg (4.49%), Vitamin E: 0.64mg (4.29%), Folate: 15.57µg (3.89%), Fiber: 0.89g (3.58%), Vitamin K: 3.58µg (3.41%), Phosphorus: 33.23mg (3.32%), Vitamin B3: 0.61mg (3.05%), Vitamin B1: 0.04mg (2.86%), Magnesium: 10.91mg (2.73%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.55%), Calcium: 14.52mg (1.45%), Zinc: 0.17mg (1.11%)