



WHATSheATE



HEALTH SCORE

51%

## Warm Cherry Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 pints cherry tomatoes rinsed
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons kosher generous for passover red wine vinegar, a 1 tablespoon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings salt and pepper
- ☐ 6 scallions sliced

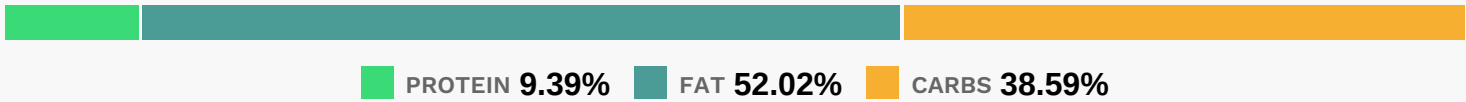
### Equipment

☐ frying pan

## Directions

- ☐ Heat a medium skillet over medium high heat.
- ☐ Add oil and garlic and cook 2 minutes.
- ☐ Add tomatoes and scallions and cook until skins begin to burst.
- ☐ Add vinegar and remove from heat.
- ☐ Add salt and pepper and parsley. Toss and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:12.556956451872%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

## Nutrients (% of daily need)

Calories: 79.21kcal (3.96%), Fat: 4.91g (7.56%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 216.69mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin K: 114.1µg (108.67%), Vitamin C: 45.52mg (55.17%), Vitamin A: 1312.3IU (26.25%), Potassium: 414.72mg (11.85%), Manganese: 0.23mg (11.45%), Vitamin E: 1.66mg (11.07%), Iron: 1.64mg (9.14%), Folate: 35.84µg (8.96%), Vitamin B6: 0.16mg (8.06%), Copper: 0.14mg (7.12%), Fiber: 1.62g (6.49%), Phosphorus: 54.96mg (5.5%), Magnesium: 19.8mg (4.95%), Vitamin B3: 0.98mg (4.91%), Vitamin B1: 0.07mg (4.78%), Calcium: 36.98mg (3.7%), Vitamin B2: 0.05mg (3.02%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.35mg (2.31%), Selenium: 1.15µg (1.64%)