



Yellow Tomatoes in Spiced Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup ginger fresh grated peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground turmeric

- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 2 teaspoons paprika
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 8 medium tomatoes yellow cut into 6 wedges (2 1/2 pounds)

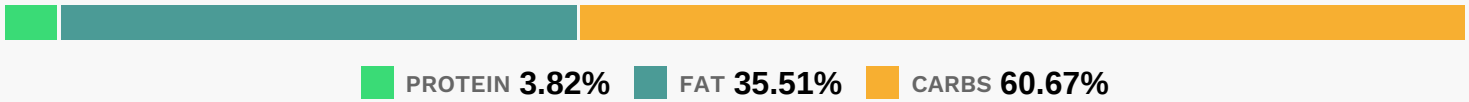
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add ginger and next 5 ingredients (ginger through garlic); saut 1 minute.
- ☐ Add vinegar, sugar, and salt to pan, stirring to combine. Bring to a boil; cook 1 minute, stirring frequently.
- ☐ Pour spice mixture over tomato mixture; toss gently to coat.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:2.6721739276596%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 60.53kcal (3.03%), Fat: 2.37g (3.64%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.45g (3.07%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 241.02mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 13.28µg (12.64%), Manganese: 0.18mg (9.12%), Vitamin A: 274.05IU (5.48%), Iron: 0.92mg (5.1%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.54mg (3.6%), Potassium: 93.5mg (2.67%), Fiber: 0.65g (2.59%), Calcium: 24.27mg (2.43%), Magnesium: 9.6mg (2.4%), Vitamin B6: 0.05mg (2.32%), Copper: 0.04mg (1.94%), Phosphorus: 14.69mg (1.47%), Folate: 4.62µg (1.15%)