



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Balsamic Tomatoes ♦♦

Balsamic Tomatoes is a delicious and tangy dish that can be served as a side or used as a topping for various dishes. The tomatoes are marinated in a mixture of balsamic vinegar, olive oil, garlic, and herbs, which gives them a rich and flavorful taste. They can be enjoyed on their own or added to salads, sandwiches, or pasta dishes. This recipe is quick and easy to make, making it perfect for busy weeknights or when you need a simple and tasty dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Tomatoes
4 tbsp	balsamic vinegar
2 tbsp	olive oil

2 cloves	garlic
1 tsp	Dried Basil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cutting

Slice the tomatoes into thick slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, whisk together the balsamic vinegar, olive oil, minced garlic, dried basil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Place the tomato slices in a shallow dish and pour the balsamic mixture over them. Gently toss to coat the tomatoes evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Cover the dish with plastic wrap and refrigerate for at least 1 hour to allow the flavors to meld together.

Prep Time: 60 mins

Cook Time: 0 mins

Step 5

Serving

Serve the balsamic tomatoes as a side dish or use them as a topping for salads, sandwiches, or pasta dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	590 mg	25.65%	25.65%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Mother's Day

Father's Day

Barbecue

Cuisines

Italian

Japanese

Mediterranean

Greek

Spanish

American

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Iron

Kitchen Tools

Blender

Course

Appetizers

Side Dishes

Sauces & Dressings

Meal Type

Lunch

Supper

Difficulty Level

Easy

Visit our website: healthdor.com