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Summer Pepper and Tomato Salad

A refreshing and healthy salad perfect for summer. This salad combines the vibrant flavors of peppers and tomatoes with a tangy dressing. It can be enjoyed as a side dish or a light meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Red Bell Pepper
200 g	yellow bell pepper
250 g	Cherry Tomatoes
50 g	red onion
10 g	Fresh Basil

2 tbsp	olive oil
1 tbsp	balsamic vinegar
0.5 tsp	salt
0.25 tsp	black pepper

Directions

Step 1

Cut

Slice the bell peppers and red onion into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Halve the cherry tomatoes and chop the fresh basil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the sliced bell peppers, red onion, cherry tomatoes, and fresh basil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Whisking

In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and black pepper to make the dressing.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle the dressing over the salad and toss to coat evenly.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 1 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	120 mg	133.33%	160%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Cuisines

Italian

Course

Salads Snacks

Cultural

Chinese New Year Diwali Ramadan

Diet

The Whole30 Diet Nutrisystem Diet Raw Food Diet Fruitarian Diet
 Low Sodium Diet The Fast Metabolism Diet The Swiss Secret Diet
 The Werewolf Diet The Master Cleanse Diet The Best Life Diet The 3-Day Diet
 The Peanut Butter Diet The Bulletproof Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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