



Healthdor

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Tomato Slices ♦

A simple and refreshing recipe featuring fresh tomato slices. Perfect for a light snack or a side dish.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g Tomato

Directions

Step 1

Wash the tomato thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the tomato into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 18 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 4 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	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1025 iu	113.89%	146.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	14 mg	15.56%	18.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	10 mg	1%	1%
Iron	0 mg	0%	0%
Potassium	292 mg	8.59%	11.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Barbecue

Game Day

Cuisines

American

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Senior Friendly

Diabetic Friendly

Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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