



Bocconcini Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup arugula coarsely chopped
- 0.5 cup belgian endive leaves
- 1 pound baby mozzarella balls (bite-size mozzarella balls)
- 0.5 cup celery chopped
- 8 cherry tomatoes halved
- 3 tablespoons olive oil extra virgin
- 2 tablespoons basil leaves fresh chopped
- 0.5 cup bell pepper green chopped

- 1.5 tablespoons juice of lemon fresh
- 4 servings salt and pepper black freshly ground

Equipment

- bowl
- whisk

Directions

- In a large salad bowl, combine the mozzarella, cherry tomatoes, bell pepper, celery, endive and arugula.
- Whisk together the lemon juice and olive oil; pour over the salad. Toss until all the ingredients are thoroughly coated with the dressing.
- Transfer salad to individual serving plates, if desired.
- Sprinkle the basil over the salad, season with salt and pepper, and serve immediately.

Nutrition Facts

PROTEIN 20.43% **FAT 76.06%** **CARBS 3.51%**

Properties

Glycemic Index:44, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:6.8021737751753%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 392.18kcal (19.61%), Fat: 34.91g (53.71%), Saturated Fat: 9.53g (59.56%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.66g (1.84%), Cholesterol: 40.82mg (13.61%), Sodium: 96.14mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.19%), Calcium: 424.39mg (42.44%), Vitamin C: 26.16mg (31.71%), Vitamin K: 19.39µg (18.47%), Vitamin E: 1.83mg (12.22%), Vitamin A: 408.08IU (8.16%), Manganese: 0.12mg (5.78%), Potassium: 182.68mg (5.22%), Fiber: 1.2g (4.81%), Folate: 19.24µg (4.81%), Vitamin B6: 0.09mg (4.45%),

Copper: 0.06mg (2.8%), Iron: 0.49mg (2.71%), Magnesium: 9.76mg (2.44%), Vitamin B1: 0.04mg (2.36%),
Phosphorus: 21.67mg (2.17%), Vitamin B3: 0.35mg (1.76%), Vitamin B2: 0.03mg (1.58%), Vitamin B5: 0.13mg (1.31%)