



Caprese Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

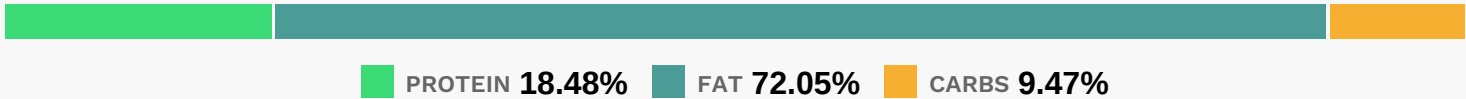
- ☐ 6 servings balsamic vinegar
- ☐ 0.5 cup basil fresh loosely packed
- ☐ 1 pound mozzarella fresh
- ☐ 4 large heirloom tomatoes
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 6 servings pepper black
- ☐ 6 servings sea salt

Equipment

Directions

- ☐ Slice mozzarella and tomatoes 1/4 inch thick; arrange on serving platter.
- ☐ Sprinkle with fresh basil, salt, and pepper.
- ☐ Drizzle to taste with balsamic vinegar and extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:3.08, Inflammation Score:-8, Nutrition Score:13.806086944497%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 387.19kcal (19.36%), Fat: 31.16g (47.93%), Saturated Fat: 11.91g (74.44%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.7g (2.8%), Sugar: 6.37g (7.08%), Cholesterol: 59.72mg (19.91%), Sodium: 677.92mg (29.47%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.98g (35.96%), Calcium: 402.47mg (40.25%), Vitamin A: 1627.8IU (32.56%), Phosphorus: 301.06mg (30.11%), Vitamin B12: 1.72µg (28.73%), Vitamin K: 28.22µg (26.87%), Vitamin C: 16.98mg (20.59%), Vitamin E: 2.83mg (18.88%), Selenium: 12.86µg (18.38%), Zinc: 2.44mg (16.3%), Vitamin B2: 0.24mg (14.04%), Manganese: 0.22mg (10.91%), Potassium: 370.34mg (10.58%), Magnesium: 31.84mg (7.96%), Vitamin B6: 0.13mg (6.42%), Folate: 24.87µg (6.22%), Fiber: 1.51g (6.05%), Iron: 0.93mg (5.16%), Copper: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.56%), Vitamin B3: 0.82mg (4.09%), Vitamin B5: 0.22mg (2.2%), Vitamin D: 0.3µg (2.02%)