



Caprese Salad with Balsamic Reduction

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup balsamic vinegar
- 0.5 cup basil leaves fresh
- 16 ounce mozzarella cheese fresh cut into 1/4-inch slices
- 0.3 teaspoon ground pepper black
- 0.3 cup honey
- 0.3 cup olive oil extra-virgin
- 0.3 teaspoon salt
- 3 large tomatoes cut into 1/2-inch slices

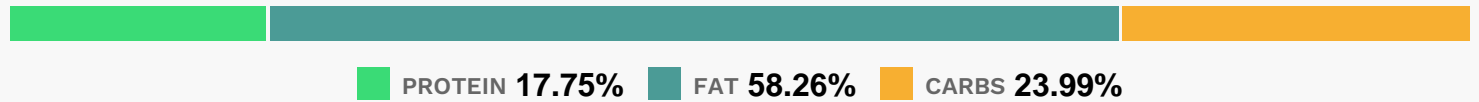
Equipment

- sauce pan

Directions

- Stir balsamic vinegar and honey together in a small saucepan and place over high heat. Bring to a boil, reduce heat to low, and simmer until the vinegar mixture has reduced to 1/3 cup, about 10 minutes. Set the balsamic reduction aside to cool.
- Arrange alternate slices of tomato and mozzarella cheese decoratively on a serving platter.
- Sprinkle with salt and black pepper, spread fresh basil leaves over the salad, and drizzle with olive oil and the balsamic reduction.

Nutrition Facts



Properties

Glycemic Index:67.32, Glycemic Load:16.64, Inflammation Score:-8, Nutrition Score:19.016956640326%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 605.62kcal (30.28%), Fat: 39.14g (60.22%), Saturated Fat: 16.82g (105.11%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 34.51g (12.55%), Sugar: 31.69g (35.21%), Cholesterol: 89.58mg (29.86%), Sodium: 879.1mg (38.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Calcium: 610.88mg (61.09%), Phosphorus: 449.03mg (44.9%), Vitamin B12: 2.59µg (43.09%), Vitamin A: 2062.55IU (41.25%), Vitamin K: 34.17µg (32.55%), Selenium: 19.46µg (27.8%), Zinc: 3.67mg (24.45%), Vitamin C: 19.35mg (23.45%), Vitamin B2: 0.36mg (21.02%), Vitamin E: 2.92mg (19.48%), Manganese: 0.34mg (17.04%), Potassium: 502.78mg (14.37%), Magnesium: 47.91mg (11.98%), Iron: 1.6mg (8.89%), Vitamin B6: 0.16mg (8.06%), Folate: 30.9µg (7.72%), Fiber: 1.76g (7.04%), Copper: 0.13mg (6.53%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.45µg (3.02%)