



Caprese Salad with Chilli & Lime



Vegetarian



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 tsp chilli flakes
- ☐ 1 tsp honey
- ☐ 1 peel of lime finely grated
- ☐ 4 tbsp olive oil

Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Simply whisk all the ingredients in a bowl and season with black pepper. Taste and adjust to your own liking. You can add more or less of any of the ingredients.

Nutrition Facts



PROTEIN 0.58% **FAT 89.43%** **CARBS 9.99%**

Properties

Glycemic Index:19.38, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:1.3365217090949%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 90.59kcal (4.53%), Fat: 9.41g (14.47%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 5.94mg (0.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin E: 1.5mg (9.98%), Vitamin K: 6.2µg (5.91%), Vitamin C: 3.26mg (3.95%), Vitamin A: 104.96IU (2.1%), Fiber: 0.46g (1.83%), Iron: 0.19mg (1.06%), Manganese: 0.02mg (1.01%)