



Caprese Salad with Greens

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil fresh
- 1 cup baby mozzarella balls fresh cut in half (small mozzarella cheese balls)
- 1 cup grape tomatoes halved
- 2 tablespoons pinenuts toasted
- 0.3 cup onion red finely chopped
- 4 cups the salad mixed
- 0.3 cup red wine

Equipment

bowl

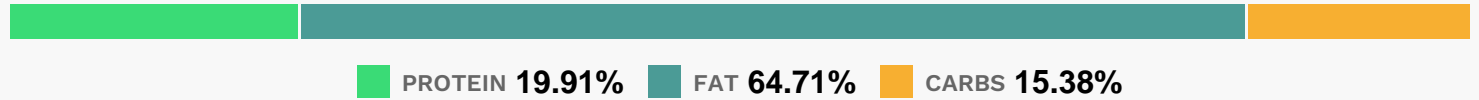
Directions

In large bowl, toss all ingredients except nuts.

Divide salad among 4 salad plates.

Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:6.4926086418007%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.35kcal (6.32%), Fat: 8.89g (13.68%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.68g (1.87%), Cholesterol: 9mg (3%), Sodium: 31.17mg (1.36%), Alcohol: 1.59g (100%), Alcohol %: 1.51% (100%), Protein: 6.16g (12.31%), Manganese: 0.59mg (29.56%), Vitamin C: 15.43mg (18.71%), Vitamin A: 845.77IU (16.92%), Vitamin K: 11.96µg (11.39%), Calcium: 105.15mg (10.52%), Potassium: 225.01mg (6.43%), Folate: 25.16µg (6.29%), Magnesium: 24.81mg (6.2%), Phosphorus: 60.48mg (6.05%), Copper: 0.12mg (5.97%), Vitamin E: 0.68mg (4.54%), Vitamin B6: 0.09mg (4.47%), Iron: 0.77mg (4.26%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.32%), Fiber: 0.83g (3.3%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.12mg (1.17%)