



Caprese Salad with Heirloom Tomatoes

 Vegetarian  Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 large basil leaves fresh
- 0.3 pound mozzarella cheese fresh cut into 12 slices
- 3 inch heirloom tomatoes (3 tomatoes)
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar white

Equipment

- whisk

Directions

- Combine vinegar and oil, stirring well with a whisk.
- Place 1 tomato slice on each of 4 plates. Top each with 1 cheese slice and 1 basil leaf. Repeat layers twice, ending with basil leaves.
- Drizzle evenly with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:3.5182609214731%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.65kcal (6.18%), Fat: 9.85g (15.15%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 2.05g (0.74%), Sugar: 1.54g (1.71%), Cholesterol: 22.4mg (7.47%), Sodium: 179.8mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Calcium: 147.67mg (14.77%), Vitamin B12: 0.65µg (10.77%), Phosphorus: 103.01mg (10.3%), Vitamin K: 7.89µg (7.51%), Selenium: 4.82µg (6.89%), Zinc: 0.85mg (5.65%), Vitamin A: 270.81IU (5.42%), Vitamin B2: 0.08mg (4.79%), Vitamin E: 0.58mg (3.85%), Magnesium: 7.61mg (1.9%), Manganese: 0.03mg (1.75%), Iron: 0.25mg (1.36%), Potassium: 38.6mg (1.1%)