



WHATSheATE



Caprese Salad with Tomatoes, Basil, and Mozzarella



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

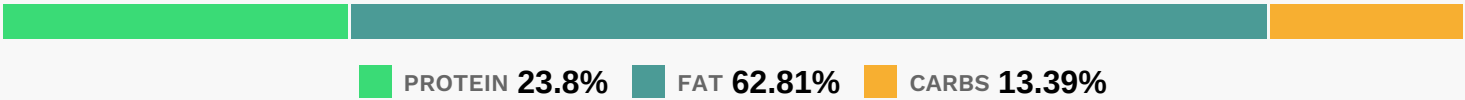
- ☐ 1.5 pounds heirloom tomatoes cored sliced for slicing tomatoes
- ☐ 4 servings sea salt
- ☐ 8 ounces mozzarella cheese fresh sliced
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 servings pepper black freshly ground
- ☐ 1 bunch torn as not to bruise fresh chopped
- ☐ 1 bunch torn as not to bruise fresh chopped

Equipment

Directions

- ☐
- Sprinkle salt lightly over the tomato slices.
- ☐
- Assemble the salad: Assemble the salad by arranging alternating slices of tomatoes, basil leaves, and mozzarella slices.
- ☐
- Drizzle extra virgin olive oil over the salad.
- ☐
- Add a dash of balsamic vinegar, if using.
- ☐
- Sprinkle lightly with pepper.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.09, Inflammation Score:-8, Nutrition Score:12.348260786222%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 231.91kcal (11.6%), Fat: 16.52g (25.41%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.06g (5.62%), Cholesterol: 44.79mg (14.93%), Sodium: 557.89mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.15%), Vitamin A: 1800.74IU (36.01%), Calcium: 303.94mg (30.39%), Vitamin C: 23.3mg (28.25%), Phosphorus: 241.7mg (24.17%), Vitamin B12: 1.29µg (21.55%), Vitamin K: 17.01µg (16.2%), Selenium: 9.64µg (13.78%), Zinc: 1.95mg (12.98%), Potassium: 447.63mg (12.79%), Vitamin B2: 0.19mg (11.35%), Manganese: 0.22mg (11.21%), Vitamin E: 1.53mg (10.21%), Fiber: 2.07g (8.27%), Vitamin B6: 0.16mg (7.87%), Magnesium: 30.23mg (7.56%), Folate: 29.5µg (7.38%), Copper: 0.11mg (5.4%), Vitamin B3: 1.07mg (5.35%), Vitamin B1: 0.08mg (5.34%), Iron: 0.74mg (4.11%), Vitamin B5: 0.23mg (2.33%), Vitamin D: 0.23µg (1.51%)