



Caprese "Salsa" Zucchini with Sea Salt

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon sea salt
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 ounces mozzarella fresh sliced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon red wine vinegar

- ☐ 0.3 cup tomatoes diced
- ☐ 2 medium zucchini

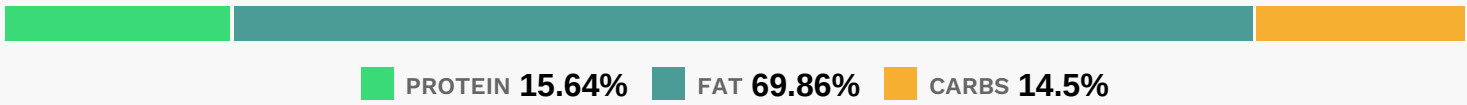
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan over medium-high heat.
- ☐ Combine first 4 ingredients in a bowl; toss well to coat. Arrange zucchini in a single layer in pan; grill 4 minutes, turning after 2 minutes.
- ☐ Combine tomato, fresh mozzarella cheese, basil, and minced garlic in a bowl.
- ☐ Add olive oil and red wine vinegar to tomato mixture; stir gently. Divide zucchini evenly among 4 plates. Top zucchini evenly with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:6.9226087850073%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 112.05kcal (5.6%), Fat: 9.02g (13.88%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.01g (1.1%), Sugar: 2.94g (3.26%), Cholesterol: 11.2mg (3.73%), Sodium: 243.1mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin C: 19.75mg (23.94%), Vitamin K: 15.27µg (14.55%), Manganese: 0.24mg (11.93%), Vitamin A: 475.13IU (9.5%), Vitamin B6: 0.19mg (9.35%), Calcium: 93.29mg

(9.33%), Phosphorus: 92.68mg (9.27%), Potassium: 305.65mg (8.73%), Vitamin B2: 0.14mg (8.05%), Folate: 27.44µg (6.86%), Vitamin E: 1.02mg (6.78%), Magnesium: 23.26mg (5.81%), Vitamin B12: 0.32µg (5.39%), Zinc: 0.77mg (5.14%), Fiber: 1.2g (4.8%), Selenium: 2.72µg (3.89%), Vitamin B1: 0.06mg (3.67%), Copper: 0.07mg (3.54%), Iron: 0.57mg (3.16%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.24mg (2.4%)