



## Caprese Stacks

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 16 basil leaves fresh
- 8 oz mozzarella cheese fresh cut into 8 1/4-inch-thick slices
- 2 tablespoons kalamata olives pitted finely chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 3 medium tomatoes for another use cut into 4 1/4-inch-thick slices (reserve any extra)

## Equipment

bowl

## Directions

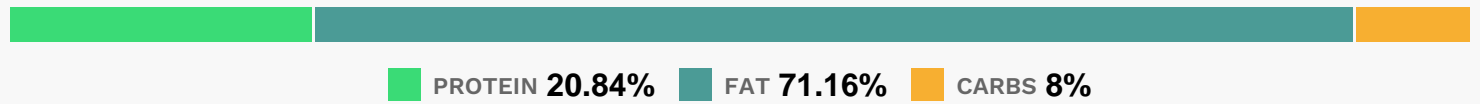
In a small bowl, stir together olives and oil.

Place a slice of tomato on each of 4 small plates; sprinkle lightly with salt and pepper. Top each with a slice of mozzarella, then a basil leaf. Repeat layering one more time. Top each stack with a slice of tomato and garnish with basil leaves.

Drizzle olive dressing over each stack.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.7, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:4.1186956296796%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 102.15kcal (5.11%), Fat: 8.19g (12.61%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.22g (1.35%), Cholesterol: 17.92mg (5.97%), Sodium: 285.38mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Calcium: 120.73mg (12.07%), Vitamin A: 501.29IU (10.03%), Phosphorus: 89.72mg (8.97%), Vitamin B12: 0.52µg (8.62%), Vitamin K: 7.96µg (7.59%), Vitamin C: 5.17mg (6.27%), Selenium: 3.88µg (5.54%), Zinc: 0.73mg (4.88%), Vitamin E: 0.71mg (4.75%), Vitamin B2: 0.07mg (4.23%), Manganese: 0.07mg (3.46%), Potassium: 108.63mg (3.1%), Magnesium: 9.35mg (2.34%), Fiber: 0.53g (2.12%), Vitamin B6: 0.04mg (1.98%), Folate: 7.62µg (1.91%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.41%), Iron: 0.25mg (1.41%), Vitamin B3: 0.25mg (1.27%)