



Caprese Sticks

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 30 cherry tomatoes
- ☐ 30 small basil leaves fresh
- ☐ 8 ounces mozzarella balls fresh 30 sometimes called ciliegine
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 10 servings sea salt to taste
- ☐ 30 decorative toothpicks
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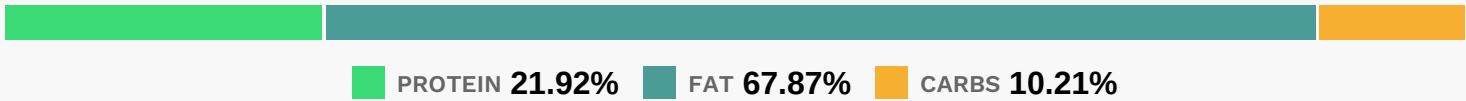
Equipment

☐ toothpicks

Directions

- ☐ Place 1 mozzarella ball, 1 basil leaf, and 1 tomato on each toothpick, and arrange on a plate.
- ☐ Drizzle with oil, and sprinkle with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:2.8373913091162%

Flavonoids

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 78.78kcal (3.94%), Fat: 6.32g (9.72%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.27g (1.42%), Cholesterol: 8.16mg (2.72%), Sodium: 215.6mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin C: 11.84mg (14.36%), Calcium: 89.3mg (8.93%), Vitamin K: 7.41µg (7.06%), Vitamin A: 313.24IU (6.26%), Manganese: 0.08mg (4.03%), Vitamin E: 0.5mg (3.32%), Potassium: 116.1mg (3.32%), Iron: 0.4mg (2.24%), Copper: 0.04mg (2.22%), Vitamin B6: 0.04mg (2.12%), Folate: 7.46µg (1.87%), Fiber: 0.4g (1.61%), Phosphorus: 15.11mg (1.51%), Vitamin B3: 0.28mg (1.42%), Magnesium: 5.53mg (1.38%), Vitamin B1: 0.02mg (1.26%)