



HEALTH SCORE

88%

Caprese Tower



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



3472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

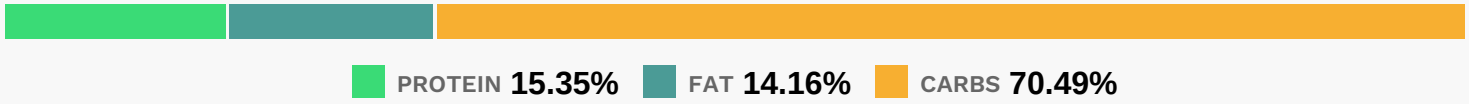
- ☐ 5 baguette whole wheat toasted
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large basil leaves fresh
- ☐ 2 ounces mozzarella cheese fresh
- ☐ 2 inch heirloom tomatoes 4 ounces
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 tablespoon olive oil extra-virgin

Equipment

Directions

- ☐ Season the tomato slices with salt and pepper. Make a stack, alternating toasted baguette slices, fresh mozzarella slices, seasoned tomato slices, and basil leaves.
- ☐ Drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:238.75, Glycemic Load:413.02, Inflammation Score:-10, Nutrition Score:65.733477846436%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 3471.92kcal (173.6%), Fat: 53.83g (82.82%), Saturated Fat: 15.23g (95.2%), Carbohydrates: 603.04g (201.01%), Net Carbohydrates: 576.58g (209.67%), Sugar: 59.35g (65.94%), Cholesterol: 44.79mg (14.93%), Sodium: 8662.41mg (376.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 131.33g (262.66%), Vitamin B1: 7.29mg (486.32%), Folate: 1343.13µg (335.78%), Selenium: 224.67µg (320.95%), Manganese: 5.9mg (295.09%), Vitamin B3: 56.86mg (284.28%), Vitamin B2: 4.18mg (245.63%), Iron: 43.52mg (241.77%), Calcium: 1604.11mg (160.41%), Phosphorus: 1390.9mg (139.09%), Fiber: 26.46g (105.83%), Magnesium: 338.54mg (84.63%), Zinc: 11.56mg (77.04%), Copper: 1.53mg (76.67%), Vitamin B6: 1.33mg (66.42%), Vitamin B5: 4.82mg (48.19%), Vitamin K: 49.22µg (46.87%), Potassium: 1615.51mg (46.16%), Vitamin E: 4.78mg (31.89%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 491.64IU (9.83%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.91mg (1.11%)