



Cherry Tomato and Mozzarella Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 lb sungold cherry tomatoes sweet stemmed rinsed (or a mixture)
- ☐ 8 servings sea salt
- ☐ 0.5 cup basil leaves fresh loosely packed rinsed
- ☐ 8 ounces mozzarella cheese fresh drained (often labeled bocconcini)
- ☐ 2 tablespoons olive oil extra-virgin

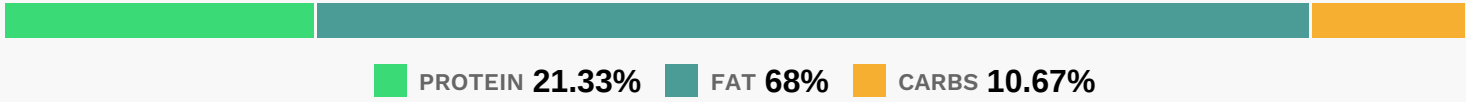
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Cut cherry tomatoes in half with a sharp knife.
- ☐ Cut bocconcini in half. Tear basil leaves into small pieces. In a bowl, gently mix cherry tomatoes, mozzarella, and basil.
- ☐ Drizzle with 2 tablespoons olive oil and sprinkle lightly with salt; add more oil and salt to taste.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:6.1804348126702%

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: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 129.09kcal (6.45%), Fat: 9.92g (15.27%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.06g (2.29%), Cholesterol: 22.4mg (7.47%), Sodium: 379.47mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Vitamin C: 16.43mg (19.91%), Calcium: 153.77mg (15.38%), Vitamin A: 617.34IU (12.35%), Phosphorus: 121.04mg (12.1%), Vitamin B12: 0.65µg (10.77%), Vitamin K: 10.97µg (10.45%), Selenium: 5.18µg (7.4%), Vitamin E: 0.97mg (6.45%), Zinc: 0.94mg (6.26%), Vitamin B2: 0.1mg (5.7%), Potassium: 180.55mg (5.16%), Manganese: 0.1mg (5.03%), Iron: 0.68mg (3.75%), Vitamin B6: 0.07mg (3.44%), Magnesium: 13.01mg (3.25%), Copper: 0.06mg (3.11%), Folate: 12.22µg (3.05%), Vitamin B1: 0.03mg (2.3%), Vitamin B3: 0.42mg (2.1%), Fiber: 0.52g (2.08%), Vitamin B5: 0.13mg (1.35%)