



Cherry Tomato Caprese Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pint heirloom cherry tomatoes halved
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup mozzarella balls miniature halved
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon citrus champagne vinegar

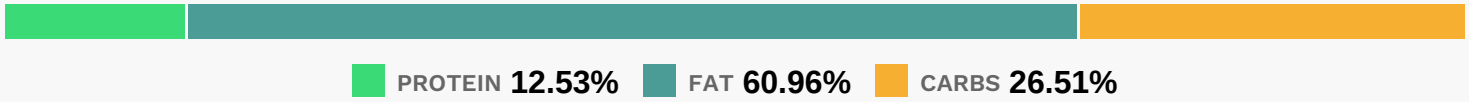
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine vinegar, olive oil, kosher salt, and freshly ground black pepper in a medium bowl, stirring well with a whisk.
- ☐ Add halved cherry tomatoes, fresh basil leaves, and mozzarella balls. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:5.428695704626%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 69.23kcal (3.46%), Fat: 4.98g (7.66%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.95g (3.28%), Cholesterol: 2.25mg (0.75%), Sodium: 163.25mg (7.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 27.26mg (33.04%), Vitamin A: 658.27IU (13.17%), Vitamin K: 11.85µg (11.28%), Manganese: 0.16mg (7.97%), Vitamin E: 1.18mg (7.86%), Potassium: 265.49mg (7.59%), Iron: 0.9mg (5.01%), Copper: 0.1mg (4.83%), Vitamin B6: 0.1mg (4.81%), Folate: 16.42µg (4.1%), Calcium: 38.89mg (3.89%), Fiber: 0.88g (3.53%), Phosphorus: 34.46mg (3.45%), Vitamin B3: 0.64mg (3.22%), Magnesium: 11.97mg (2.99%), Vitamin B1: 0.04mg (2.88%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.18mg (1.2%)