



Cherry Tomato-Cucumber-Cheese Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pt cherry tomatoes halved
- ☐ 1 medium cucumber peeled seeded thinly sliced
- ☐ 8 oz mozzarella cheese fresh cubed
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

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0.3 cup onion sweet thinly sliced

Equipment

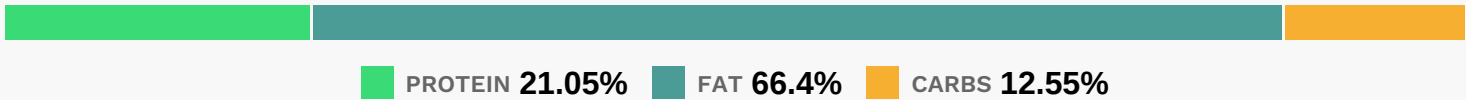
☐

bowl

Directions

- ☐ Toss together first 8 ingredients in a medium bowl to combine.
- ☐ Gently stir in fresh mozzarella.
- ☐ Serve immediately, or cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:10.270869607511%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 176.87kcal (8.84%), Fat: 13.29g (20.45%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.24g (3.59%), Cholesterol: 29.86mg (9.95%), Sodium: 636.01mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Vitamin K: 49.59µg (47.23%), Vitamin C: 23.67mg (28.69%), Calcium: 210.21mg (21.02%), Vitamin A: 877.01IU (17.54%), Phosphorus: 166.64mg (16.66%), Vitamin B12: 0.86µg (14.36%), Selenium: 6.9µg (9.86%), Zinc: 1.31mg (8.74%), Vitamin E: 1.22mg (8.14%), Vitamin B2: 0.14mg (8.07%), Potassium: 272.91mg (7.8%), Manganese: 0.15mg (7.51%), Folate: 23.45µg (5.86%), Iron: 1mg (5.53%), Vitamin B6: 0.11mg (5.3%), Magnesium: 20.97mg (5.24%), Copper: 0.1mg (4.87%), Fiber: 0.98g (3.91%), Vitamin B1: 0.06mg (3.72%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.26mg (2.58%), Vitamin D: 0.15µg (1.01%)