



Classic Caprese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

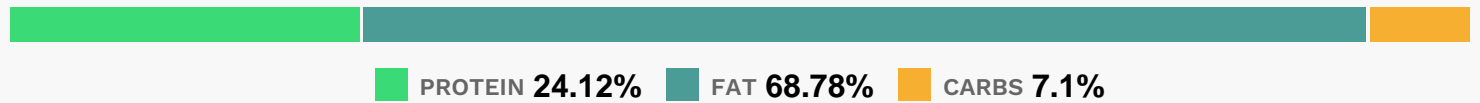
- 0.5 teaspoon pepper black freshly ground
- 4 teaspoons olive oil extravirgin
- 0.8 cup basil leaves fresh
- 8 ounces mozzarella cheese fresh cut into 12 slices
- 0.5 teaspoon salt
- 2 medium tomatoes cut into 6 slices

Equipment

Directions

- Arrange 3 tomato slices, 3 cheese slices, and 3 tablespoons basil leaves on each of 4 salad plates; drizzle each with 1 teaspoon oil, and sprinkle each with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- Serve immediately.
- From the region of Campania, insalata Caprese (kah-PRE-zee) is "salad in the style of Capri," an island in that region.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:9.6895652439283%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 218.19kcal (10.91%), Fat: 16.83g (25.9%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.04g (1.11%), Sugar: 2.22g (2.46%), Cholesterol: 44.79mg (14.93%), Sodium: 649.57mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Calcium: 301.77mg (30.18%), Vitamin K: 27.65µg (26.34%), Vitamin A: 1134.32IU (22.69%), Phosphorus: 218.39mg (21.84%), Vitamin B12: 1.29µg (21.55%), Selenium: 9.67µg (13.81%), Zinc: 1.8mg (12%), Vitamin C: 9.24mg (11.19%), Vitamin B2: 0.18mg (10.35%), Manganese: 0.17mg (8.57%), Vitamin E: 1.05mg (7.03%), Potassium: 205.54mg (5.87%), Magnesium: 21.42mg (5.35%), Folate: 16.3µg (4.07%), Vitamin B6: 0.08mg (3.89%), Fiber: 0.87g (3.49%), Iron: 0.61mg (3.37%), Copper: 0.06mg (3.17%), Vitamin B1: 0.04mg (2.77%), Vitamin B3: 0.47mg (2.34%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.15mg (1.48%)