



Deconstructed Caprese

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large basil
- ☐ 6 cherry tomatoes
- ☐ 4 cubes bread crumbs italian
- ☐ 4 small baby mozzarella balls (bocconcini)

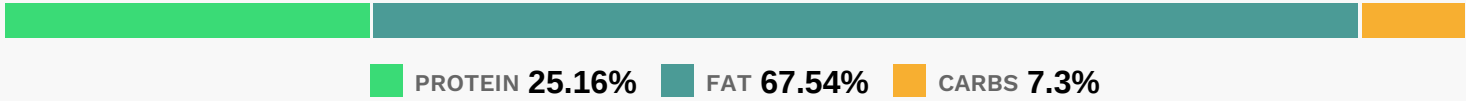
Equipment

- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Thread a cherry tomato onto a skewer followed by a piece of basil, a mozzarella ball, and a bread cube. Repeat so that the skewer has two of every item.
- ☐ Add a third cherry tomato on the end of the skewer. Snap the pointed end off the skewer and discard. Repeat with the remaining ingredients.
- ☐ Pack the skewers in a container or wrap them gently in aluminum foil.
- ☐ Can be made a day ahead and stored in the refrigerator.
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Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.0669564682504%

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: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 320.86kcal (16.04%), Fat: 25.5g (39.23%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.33g (1.94%), Sugar: 3.78g (4.2%), Cholesterol: 40.32mg (13.44%), Sodium: 105.61mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.73%), Calcium: 412.59mg (41.26%), Vitamin C: 23.4mg (28.36%), Vitamin A: 540.98IU (10.82%), Potassium: 233.4mg (6.67%), Vitamin K: 6.18µg (5.88%), Manganese: 0.12mg (5.81%), Iron: 0.8mg (4.46%), Vitamin B6: 0.08mg (4.09%), Folate: 16.32µg (4.08%), Copper: 0.08mg (3.98%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.73mg (3.65%), Fiber: 0.87g (3.47%), Phosphorus: 30.49mg (3.05%), Vitamin B1: 0.04mg (2.84%), Magnesium: 10.37mg (2.59%), Vitamin B2: 0.03mg (1.57%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.16mg (1.05%)