



Diced Caprese Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

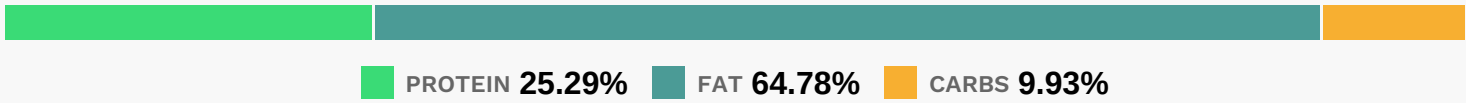
- ☐ 2 tablespoons basil pesto
- ☐ 1 large ball mozzarella cheese fresh diced ()
- ☐ 2 servings salt and pepper to taste
- ☐ 2 large field tomatoes diced ripe ()

Equipment

Directions

- ☐
- Divide the tomatoes and mozzarella in two and form stacks on two plates alternating the tomatoes and mozzarella seasoning with salt and pepper as you go using a ring.
- ☐
- Top each stack with basil pesto and enjoy!

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:18.40565216023%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 429.81kcal (21.49%), Fat: 31.17g (47.95%), Saturated Fat: 15.87g (99.2%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 8.33g (3.03%), Sugar: 6.43g (7.14%), Cholesterol: 90.47mg (30.16%), Sodium: 1051.65mg (45.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.75%), Calcium: 613.12mg (61.31%), Vitamin A: 2582.34IU (51.65%), Phosphorus: 443.7mg (44.37%), Vitamin B12: 2.58µg (42.94%), Vitamin C: 24.93mg (30.22%), Selenium: 19.21µg (27.44%), Zinc: 3.61mg (24.06%), Vitamin B2: 0.35mg (20.85%), Vitamin K: 16.98µg (16.17%), Potassium: 517.26mg (14.78%), Manganese: 0.24mg (12.09%), Magnesium: 42.63mg (10.66%), Fiber: 2.42g (9.7%), Vitamin B6: 0.19mg (9.37%), Folate: 35.21µg (8.8%), Vitamin E: 1.2mg (7.98%), Vitamin B1: 0.1mg (6.75%), Copper: 0.12mg (6%), Vitamin B3: 1.2mg (5.99%), Iron: 1.08mg (5.98%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.45µg (3.01%)