



WHATSheATE



Diced Caprese Salad with a Pesto Dressing



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

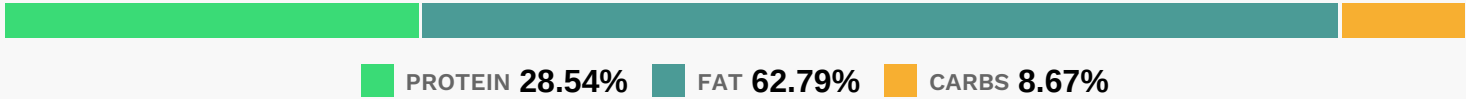
- ☐ 0.3 cup basil pesto with a bit of extra lemon juice for some tanginess.)
- ☐ 1 pound mozzarella cheese fresh diced ()
- ☐ 1 pound tomatoes diced ()

Equipment

Directions

- ☐ Toss the tomatoes mozzarella in the basil pesto to coat.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:15.826522018598%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 363.96kcal (18.2%), Fat: 25.61g (39.4%), Saturated Fat: 14.95g (93.45%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.54g (2.38%), Sugar: 4.53g (5.04%), Cholesterol: 89.58mg (29.86%), Sodium: 716.83mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Calcium: 584.92mg (58.49%), Vitamin B12: 2.59µg (43.09%), Phosphorus: 429.86mg (42.99%), Vitamin A: 1712.09IU (34.24%), Selenium: 19.29µg (27.56%), Vitamin C: 21.44mg (25.98%), Zinc: 3.51mg (23.41%), Vitamin B2: 0.34mg (20.28%), Vitamin K: 11.57µg (11.02%), Potassium: 370.64mg (10.59%), Magnesium: 36.07mg (9.02%), Manganese: 0.17mg (8.26%), Folate: 28µg (7%), Vitamin B6: 0.14mg (6.98%), Vitamin E: 0.85mg (5.67%), Fiber: 1.41g (5.63%), Vitamin B1: 0.08mg (5.31%), Iron: 0.82mg (4.54%), Copper: 0.08mg (4.09%), Vitamin B3: 0.81mg (4.03%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.28mg (2.81%)