



Fresh Mozzarella and Tomato

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

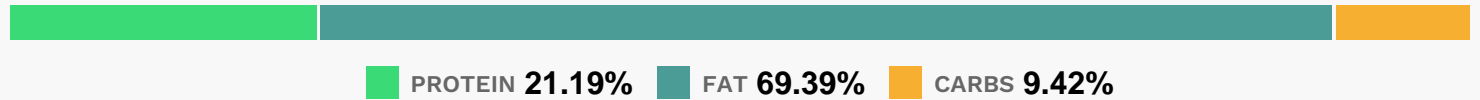
- 4 medium tomatoes cut into 1/4-inch slices
- 8 oz mozzarella fresh cut into 1/4-inch slices
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons red wine vinegar
- 2 tablespoons basil fresh chopped
- 1 serving pepper freshly ground

Equipment

Directions

- On round plate, arrange tomato and cheese slices alternately.
- Drizzle oil and vinegar over tomatoes and cheese.
- Sprinkle with basil and pepper.
- Let stand at room temperature 20 minutes to blend flavors. Cover and refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:11.07304342415%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 255.83kcal (12.79%), Fat: 19.93g (30.65%), Saturated Fat: 8.46g (52.86%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.82g (4.25%), Cholesterol: 44.79mg (14.93%), Sodium: 362.44mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Calcium: 301.03mg (30.1%), Vitamin A: 1460.76IU (29.22%), Phosphorus: 231.43mg (23.14%), Vitamin B12: 1.29µg (21.55%), Vitamin C: 17.07mg (20.69%), Vitamin K: 19.43µg (18.5%), Selenium: 9.64µg (13.78%), Zinc: 1.88mg (12.5%), Vitamin E: 1.79mg (11.92%), Vitamin B2: 0.18mg (10.86%), Potassium: 340.88mg (9.74%), Manganese: 0.18mg (8.77%), Magnesium: 25.85mg (6.46%), Vitamin B6: 0.12mg (6.05%), Fiber: 1.5g (5.99%), Folate: 23.1µg (5.78%), Vitamin B1: 0.06mg (4.19%), Copper: 0.08mg (4.19%), Vitamin B3: 0.8mg (3.99%), Iron: 0.69mg (3.83%), Vitamin B5: 0.19mg (1.92%), Vitamin D: 0.23µg (1.51%)