



Fresh Mozzarella and Tomato Salad

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium tomatoes cut into 1/4-inch slices
- 0.3 cup vegetable oil
- 1 tablespoon basil dried fresh chopped
- 3 tablespoons red wine vinegar
- 1 tablespoon water
- 0.1 teaspoon salt
- 3 drops hot sauce red
- 2 large garlic clove finely chopped

8 ounces mozzarella fresh sliced

1 serving the salad

Equipment

Directions

Place tomatoes in glass or plastic dish.

Shake remaining ingredients except cheese and salad greens in tightly covered container.

Pour over tomatoes.

Cover and refrigerate, turning occasionally, at least 3 hours to blend flavors.

Layer tomatoes alternately with cheese on salad greens.

Nutrition Facts

 **PROTEIN 17.35%** **FAT 73.59%** **CARBS 9.06%**

Properties

Glycemic Index:11.88, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:6.9934782930042%

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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 160.53kcal (8.03%), Fat: 13.3g (20.46%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.74g (1%), Sugar: 1.93g (2.14%), Cholesterol: 22.4mg (7.47%), Sodium: 229.42mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin K: 26.63µg (25.36%), Calcium: 162.97mg (16.3%), Vitamin A: 765.13IU (15.3%), Vitamin C: 10.13mg (12.28%), Phosphorus: 120.08mg (12.01%), Vitamin B12: 0.65µg (10.77%), Manganese: 0.15mg (7.52%), Selenium: 4.96µg (7.09%), Vitamin E: 1mg (6.65%), Zinc: 0.99mg (6.6%), Vitamin B2: 0.1mg (5.97%), Potassium: 194.8mg (5.57%), Iron: 0.81mg (4.52%), Magnesium: 16.99mg (4.25%), Vitamin B6: 0.08mg (4.01%), Fiber: 0.94g (3.77%), Folate: 14.65µg (3.66%), Copper: 0.06mg (2.78%), Vitamin B1: 0.03mg (2.32%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.11mg (1.1%)