



Fresh Mozzarella-Tomato-Basil Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil fresh shredded chopped
- 8 servings garnish: basil sprig fresh
- 0.5 pound mozzarella cheese fresh drained
- 3 tablespoons olive oil extra-virgin
- 1 cup pear tomatoes cut in half
- 8 servings pepper freshly ground
- 0.5 teaspoon salt
- 2 large tomatoes red sliced

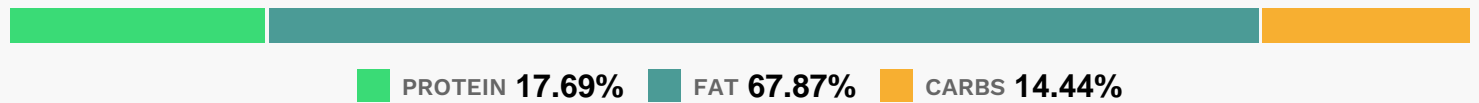
2 large tomatoes yellow

Equipment

Directions

- Slice cheese in 1/4-inch slices. Alternate tomato and cheese slices on a platter; add pear tomato halves, and sprinkle with salt.
- Drizzle with olive oil. Cover and chill 4 hours. Just before serving, sprinkle with freshly ground pepper and basil. Top with a sprig of basil.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:6.4165217409963%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 152.21kcal (7.61%), Fat: 11.73g (18.05%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.36g (1.59%), Sugar: 3.46g (3.85%), Cholesterol: 22.4mg (7.47%), Sodium: 325.89mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin K: 22.98µg (21.89%), Calcium: 156.33mg (15.63%), Vitamin A: 760.86IU (15.22%), Phosphorus: 115.9mg (11.59%), Vitamin B12: 0.65µg (10.77%), Vitamin C: 7.75mg (9.4%), Vitamin E: 1.11mg (7.39%), Selenium: 4.86µg (6.94%), Zinc: 0.96mg (6.37%), Manganese: 0.12mg (6.18%), Vitamin B2: 0.1mg (5.71%), Fiber: 1.25g (5.01%), Potassium: 165.11mg (4.72%), Magnesium: 14.53mg (3.63%), Folate: 12.69µg (3.17%), Copper: 0.06mg (3.08%), Vitamin B6: 0.06mg (2.93%), Iron: 0.44mg (2.42%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.37mg (1.84%)