



Fresh Mozzarella with Red and Yellow Tomatoes and Basil Vinaigrette



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil leaves fresh
- ☐ 1 leaves basil torn fresh
- ☐ 1 pound mozzarella cheese fresh sliced into 1/ slices
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tomatoes red ripe sliced into 1/ slices

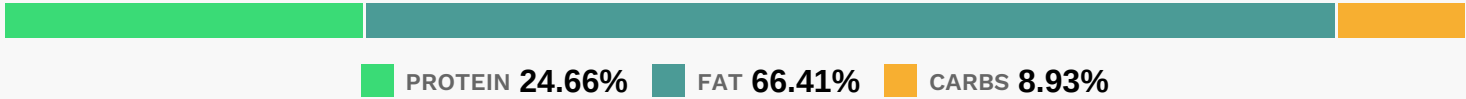
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 tomatoes yellow ripe sliced into 1/ slices

Equipment

Directions

- ☐ Arrange the cheese and tomatoes on a platter and drizzle with the vinaigrette, to taste, and garnish with basil leaves.;
- ☐ Combine all ingredients and blend until smooth. Adjust seasoning with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:3.58, Inflammation Score:-7, Nutrition Score:14.842608835386%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 418.59kcal (20.93%), Fat: 30.89g (47.52%), Saturated Fat: 15.68g (97.99%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.54g (3.1%), Sugar: 7.11g (7.89%), Cholesterol: 89.58mg (29.86%), Sodium: 909.62mg (39.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.61%), Calcium: 585.78mg (58.58%), Vitamin B12: 2.59µg (43.09%), Phosphorus: 419.52mg (41.95%), Vitamin A: 1443.71IU (28.87%), Selenium: 19.33µg (27.62%), Zinc: 3.46mg (23.06%), Vitamin K: 23.69µg (22.56%), Vitamin B2: 0.34mg (19.84%), Vitamin C: 9.13mg (11.07%), Vitamin E: 1.35mg (9%), Magnesium: 32.21mg (8.05%), Manganese: 0.15mg (7.61%), Potassium: 251.1mg (7.17%), Iron: 0.89mg (4.93%), Folate: 19.54µg (4.89%), Vitamin B6: 0.1mg (4.88%), Vitamin B1: 0.06mg (3.87%), Copper: 0.06mg (3.24%), Fiber: 0.8g (3.21%), Vitamin D: 0.45µg (3.02%), Vitamin B3: 0.52mg (2.62%), Vitamin B5: 0.23mg (2.25%)