



Fresh Tomato Mozzarella Side Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup balsamic vinegar
- 4 basil fresh shredded finely chopped
- 4 basil fresh shredded finely chopped
- 0.5 cup olive oil extra virgin
- 8 servings coarse salt (or any other coarse salt)
- 16 oz mozzarella fresh
- 4 vine ripened tomato

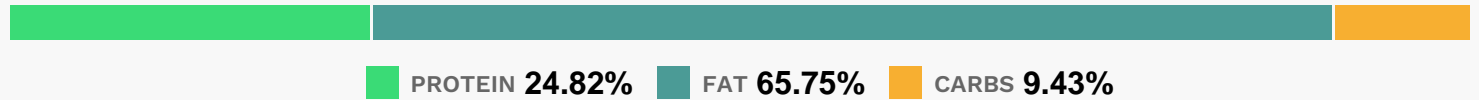
Equipment

knife

Directions

- Slice the mozzarella into 1/2 inch slices.Slice the tomatoes into slices.Arrange the slices alternating the mozzarella and tomatoes in a row.
- Drizzle with olive oil and then with balsamic vinegar
- Sprinkle with a pinch of Kosher salt.Stack 4 basil leaves together at a time and roll up tightly like a log.Make slices along the rolled up leaves diagonally with a knife. Loosen the leaves and you should see strips of basil leaves.
- Sprinkle the strings of basil over the slices of mozzarella and tomatoes.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:8.2617391304348%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 212.14kcal (10.61%), Fat: 15.5g (23.84%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.39g (3.77%), Cholesterol: 44.79mg (14.93%), Sodium: 554.27mg (24.1%), Protein: 13.16g (26.33%), Calcium: 295.49mg (29.55%), Phosphorus: 217.21mg (21.72%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 916.68IU (18.33%), Selenium: 9.64µg (13.77%), Zinc: 1.77mg (11.8%), Vitamin C: 8.5mg (10.3%), Vitamin B2: 0.17mg (10.14%), Vitamin K: 9.45µg (9%), Potassium: 199.02mg (5.69%), Vitamin E: 0.83mg (5.55%), Manganese: 0.1mg (5.13%), Magnesium: 19.32mg (4.83%), Vitamin B6: 0.07mg (3.54%), Folate: 13.47µg (3.37%), Fiber: 0.74g (2.98%), Iron: 0.5mg (2.79%), Vitamin B1: 0.04mg (2.66%), Copper: 0.05mg (2.31%), Vitamin B3: 0.43mg (2.14%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.14mg (1.36%)