



Garlic-Basil Tomatoes with Mozzarella

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

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

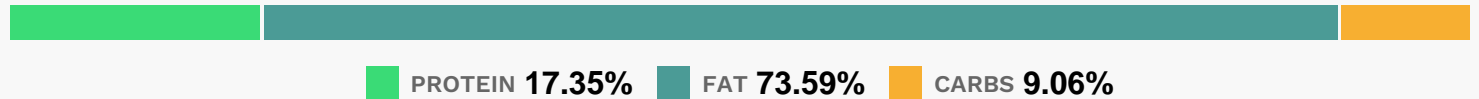
1 serving the salad

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 at least 3 hours to blend flavors, turning occasionally.
- Layer cheese alternately with tomatoes on salad greens.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:6.9917392367902%

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: 229.33mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin K: 26.63µg (25.36%), Calcium: 162.91mg (16.29%), 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 (6.59%), Vitamin B2: 0.1mg (5.97%), Potassium: 194.8mg (5.57%), Iron: 0.81mg (4.52%), Magnesium: 16.97mg (4.24%), Vitamin B6: 0.08mg (4.01%), Fiber: 0.94g (3.77%), Folate: 14.65µg (3.66%), Copper: 0.06mg (2.77%), Vitamin B1: 0.03mg (2.32%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.11mg (1.1%)