



WHATSheATE



HEALTH SCORE

70%

Grilled Smoked Mozzarella---Scamorza All Griglia



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 2 cups olive oil extra virgin
- ☐ 1 bunch marjoram fresh
- ☐ 8 jalapeños seeded chopped
- ☐ 4 mozzarella cheese smoked cut in half
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons chili flakes red
- ☐ 0.3 cup best quality sun tomatoes dried cut into thin julienne

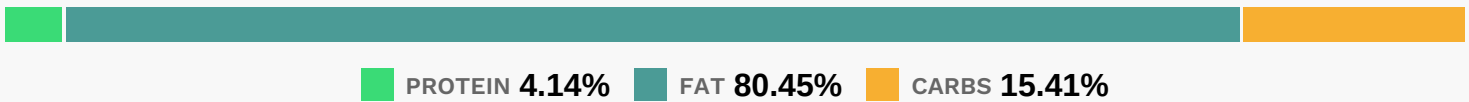
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat the grill and oil it with an oil-soaked towel. If you don't have a grill, a non-stick saute pan will work in this case.
- ☐ Place the pieces of scamorza cut side down on the hottest part of the grill and cook 5 to 6 minutes, until a dark golden brown skin forms. Gently turn scamorza and repeat on the rounded side.
- ☐ Remove to a platter and sprinkle each with a few pieces of tomato.
- ☐ Drizzle with a bit of hot oil and place the bunch of marjoram in the center of the plate for each of the guests to pinch a little onto their portion.;
- ☐ Place oil, jalapenos, chili flakes, and paprika in a medium sauce pan and place over medium heat.
- ☐ Heat to 175 degrees F, remove from heat and allow to cool. Allow to stand overnight and strain out solids. This oil will last 3 weeks unrefrigerated in a cool and dark place.;

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:18.37347835683%

Flavonoids

Apigenin: 15.18mg, Apigenin: 15.18mg, Apigenin: 15.18mg, Apigenin: 15.18mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 243.47kcal (12.17%), Fat: 23.21g (35.71%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.46g (4.95%), Cholesterol: 0.79mg (0.26%), Sodium: 86.8mg (3.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin K: 143µg (136.19%), Vitamin A: 3868.26IU (77.37%), Vitamin C: 45.27mg (54.88%), Vitamin E: 6.71mg (44.75%), Fiber: 4.47g (17.9%), Vitamin B6: 0.31mg (15.28%), Iron: 2.69mg (14.92%), Manganese: 0.29mg (14.46%), Potassium: 502.81mg (14.37%), Vitamin B3: 1.89mg (9.45%), Copper: 0.19mg (9.3%), Vitamin B2: 0.14mg (8.44%), Magnesium: 33.43mg (8.36%), Folate: 25.78µg (6.45%), Phosphorus: 62.35mg (6.23%), Vitamin B1: 0.08mg (5.02%), Calcium: 47.06mg (4.71%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.38mg (3.84%), Selenium: 1.7µg (2.43%)