



## Insalata Caprese II

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

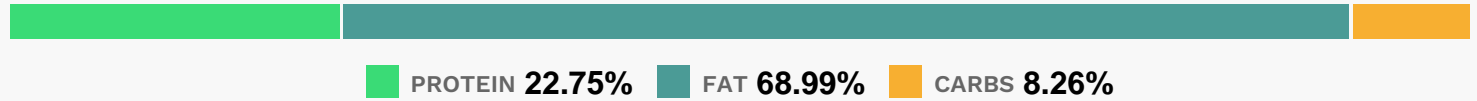
- 6 servings pepper black freshly ground to taste
- 3 tablespoons olive oil extra virgin
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 1 pound mozzarella fresh sliced
- 6 servings sea salt to taste fine
- 4 large tomatoes ripe sliced

### Equipment

## Directions

- On a large platter, alternate and overlap the tomato slices, mozzarella cheese slices, and basil leaves.
- Drizzle with olive oil. Season with sea salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:1.72, Inflammation Score:-8, Nutrition Score:13.376086763714%

## Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 311.38kcal (15.57%), Fat: 24.16g (37.17%), Saturated Fat: 10.95g (68.41%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.98g (4.42%), Cholesterol: 59.72mg (19.91%), Sodium: 674.13mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Calcium: 399.26mg (39.93%), Vitamin A: 1662.97IU (33.26%), Phosphorus: 298.39mg (29.84%), Vitamin B12: 1.72µg (28.73%), Vitamin K: 26.77µg (25.49%), Vitamin C: 17.1mg (20.73%), Selenium: 12.87µg (18.38%), Zinc: 2.44mg (16.25%), Vitamin B2: 0.24mg (14.07%), Vitamin E: 1.83mg (12.19%), Manganese: 0.2mg (10.24%), Potassium: 354.32mg (10.12%), Magnesium: 30.35mg (7.59%), Vitamin B6: 0.13mg (6.47%), Folate: 25.32µg (6.33%), Fiber: 1.52g (6.1%), Copper: 0.09mg (4.58%), Vitamin B1: 0.07mg (4.57%), Iron: 0.8mg (4.42%), Vitamin B3: 0.82mg (4.12%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.3µg (2.02%)