

Italian Tomato and Mozzarella Caprese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 ounce balsamic vinegar
- 4 servings pepper black freshly-ground to taste
- 0.3 cup basil fresh packed ()
- 0.3 cup basil fresh packed ()
- 4 servings kosher salt to taste
- 0.3 cup olive oil
- 4 servings oregano dry
- 12 ounces whole-milk mozzarella fresh

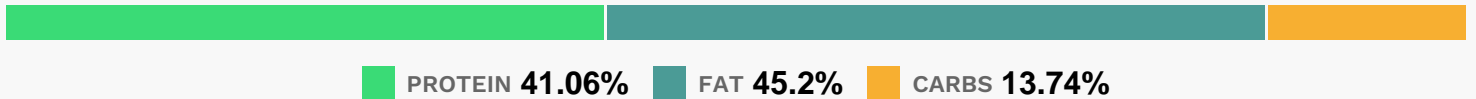
1 pound vine ripened tomato thick sliced

Equipment

Directions

- On a large platter, arrange sliced tomatoes and drizzle with balsamic vinegar.
- Place one basil leaf on top of each tomato slice.Slice mozzarella and place on top of basil leaves.
- Sprinkle oregano, salt and black pepper on cheese and drizzle with the olive oil.This recipe yields 4 servings.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:17.910434782609%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Taste

Sweetness: 100%, Saltiness: 62.67%, Sourness: 99.21%, Bitterness: 32.47%, Savoriness: 47.57%, Fattiness: 96.63%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 269.5kcal (13.47%), Fat: 13.79g (21.22%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.04g (2.2%), Sugar: 5.35g (5.95%), Cholesterol: 15.31mg (5.1%), Sodium: 833.66mg (36.25%), Protein: 28.19g (56.38%), Calcium: 852.55mg (85.25%), Phosphorus: 589.8mg (58.98%), Vitamin K: 37.28µg (35.5%), Vitamin A: 1529.5IU (30.59%), Zinc: 3.59mg (23.9%), Selenium: 16.13µg (23.05%), Vitamin C: 16.1mg (19.51%), Vitamin E: 2.88mg (19.22%), Vitamin B2: 0.28mg (16.73%), Fiber: 3.39g (13.56%), Vitamin B12: 0.78µg (13.04%), Manganese: 0.24mg (11.81%), Magnesium: 46.19mg (11.55%), Potassium: 389.8mg (11.14%), Vitamin B6: 0.17mg (8.71%), Folate: 29.94µg (7.49%), Iron: 1.17mg (6.51%), Copper: 0.12mg (5.85%), Vitamin B3: 0.85mg (4.25%),

Vitamin B1: 0.06mg (4.12%), Vitamin B5: 0.12mg (1.18%)