



Layered Pasta Caprese Salad

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons salt
- 1 lb orecchiette uncooked (tiny disk)
- 1 serving olive oil
- 1 lb heirloom tomatoes red sliced
- 1 lb heirloom tomatoes yellow sliced
- 0.5 teaspoon salt
- 0.5 cup balsamic vinegar
- 3 cups basil

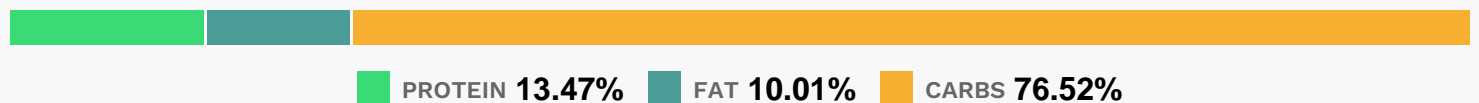
Equipment

- bowl
- paper towels
- sauce pan
- pot
- baking pan

Directions

- In large stockpot, heat 3 quarts water to boiling.
- Add 3 tablespoons salt; return to boiling.
- Add pasta; cook as directed on package.
- Drain and cool slightly, then toss with 1 cup of the reserved marinating liquid from the bocconcini (if there is less than 1 cup marinating liquid, add enough olive oil to liquid to make 1 cup). Refrigerate to cool completely.
- Place tomatoes on ungreased baking pan with sides, divided by color; sprinkle with 1/2 teaspoon salt. Set aside 15 minutes, then pat dry with paper towels.
- In 1-quart saucepan, heat balsamic vinegar to a simmer over medium heat. Simmer 10 to 15 minutes or until reduced by half. Set aside to cool.
- In 3 1/2-quart trifle dish or large glass bowl, layer as follows: Gently layer half of the pasta, then one-third of the basil leaves, then one layer of all the red tomatoes. Top the tomatoes with the bocconcini, then the rest of the pasta, another one-third of the basil, then the yellow tomatoes.
- Drizzle with the cooled balsamic vinegar.
- Shred remaining basil, and sprinkle on top.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:11.039565221123%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 209.86kcal (10.49%), Fat: 2.31g (3.56%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 37.11g (13.49%), Sugar: 5.52g (6.14%), Cholesterol: 0mg (0%), Sodium: 2219.71mg (96.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Selenium: 28.69µg (40.99%), Vitamin K: 37.93µg (36.13%), Manganese: 0.62mg (31.22%), Vitamin A: 1135.48IU (22.71%), Vitamin C: 13.72mg (16.64%), Phosphorus: 113.96mg (11.4%), Copper: 0.22mg (10.87%), Fiber: 2.66g (10.62%), Potassium: 352.14mg (10.06%), Magnesium: 40.21mg (10.05%), Vitamin B6: 0.15mg (7.41%), Vitamin B3: 1.37mg (6.87%), Folate: 26.67µg (6.67%), Iron: 1.18mg (6.56%), Zinc: 0.87mg (5.79%), Vitamin E: 0.8mg (5.33%), Vitamin B1: 0.08mg (5.12%), Calcium: 36.17mg (3.62%), Vitamin B2: 0.05mg (2.94%), Vitamin B5: 0.29mg (2.91%)