



## Marinated Bocconcini

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 16 ounces baby mozzarella balls drained
- 3 tablespoons capers finely chopped
- 1 tablespoon thyme sprigs fresh finely chopped
- 1 medium garlic clove thinly sliced
- 1 teaspoon kosher salt
- 0.5 cup olive oil extra virgin extra-virgin
- 2 tablespoons parsley fresh italian finely chopped

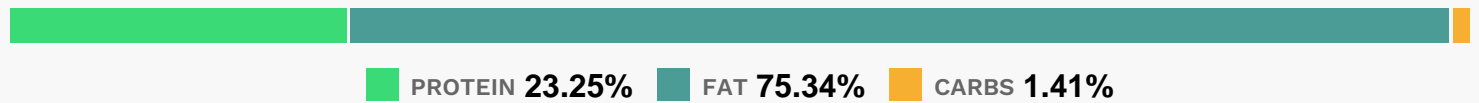
# Equipment

bowl

# Directions

- Toss all of the ingredients in a large bowl until the mozzarella is well coated. Refrigerate in an airtight container and let marinate at least 4 hours or overnight.
- Serve at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:23.17, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:3.3782608696948%

# Flavonoids

Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

# Nutrients (% of daily need)

Calories: 224.56kcal (11.23%), Fat: 19.85g (30.54%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.03g (0.04%), Cholesterol: 27.22mg (9.07%), Sodium: 553.06mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Calcium: 280.05mg (28%), Vitamin K: 25.3µg (24.09%), Vitamin C: 3.97mg (4.81%), Vitamin E: 0.57mg (3.77%), Vitamin A: 174.23IU (3.48%), Manganese: 0.06mg (2.8%), Iron: 0.4mg (2.23%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.37%), Magnesium: 4.27mg (1.07%)