



Marinated Mozzarella



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon seasoning italian
- ☐ 24 oz mozzarella cheese
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 1 leaf rosemary leaves fresh
- ☐ 0.3 teaspoon salt
- ☐ 8.5 oz sun-dried olives halved drained

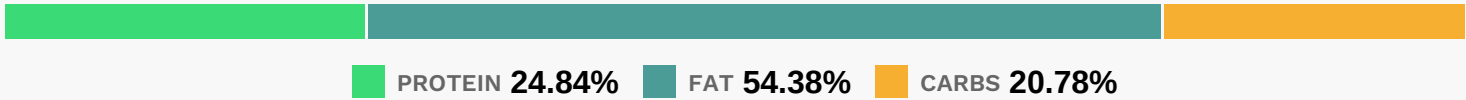
Equipment

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cut blocks of cheese into 1-inch cubes. Arrange cheese cubes and tomato halves in an 8-inch square baking dish.
- ☐ Whisk together 1/2 cup olive oil, chopped parsley, and next 6 ingredients; pour evenly over cheese cubes. Cover and chill at least 8 hours or up to 24 hours.
- ☐ Transfer mixture to a serving plate.
- ☐ Garnish with fresh flat-leaf parsley sprigs, or spear tomato halves and cheese cubes with short rosemary stems, if desired.
- ☐ Drizzle with marinade, if desired.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:7.9843477814094%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 144.14kcal (7.21%), Fat: 9.06g (13.93%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.2g (2.26%), Sugar: 4.9g (5.44%), Cholesterol: 26.88mg (8.96%), Sodium: 255.83mg (11.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.61%), Calcium: 188.28mg (18.83%), Phosphorus: 164.83mg (16.48%), Vitamin K: 17.12µg (16.31%), Vitamin B12: 0.78µg (12.93%), Potassium: 447.16mg (12.78%), Manganese: 0.25mg (12.25%), Selenium: 6.5µg (9.29%), Vitamin B2: 0.16mg (9.22%), Copper: 0.18mg (8.91%), Zinc: 1.25mg (8.34%), Vitamin A: 389.12IU (7.78%), Magnesium: 31.07mg (7.77%), Iron: 1.34mg (7.46%), Vitamin C: 5.56mg (6.74%), Fiber: 1.59g (6.35%), Vitamin B3: 1.14mg (5.7%), Vitamin B1: 0.08mg (5.04%), Vitamin B5: 0.31mg (3.05%), Folate: 11.92µg (2.98%), Vitamin B6: 0.06mg (2.88%), Vitamin E: 0.25mg (1.64%)