



## Marinated Mozzarella



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



126 kcal

SIDE DISH

## Ingredients

- ☐ 2 servings coarse salt and ground pepper black
- ☐ 1 teaspoon rosemary leaves fresh
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 tablespoon very olive oil good
- ☐ 0.5 oregano leaves fresh
- ☐ 0.3 teaspoon pepper flakes red

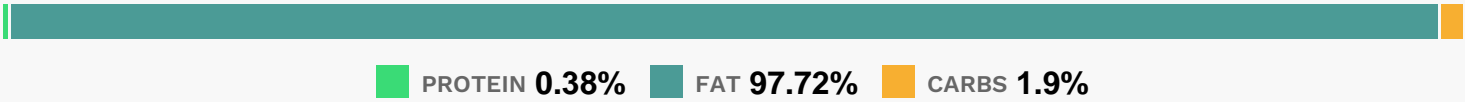
## Equipment

- ☐ bowl

# Directions

- ☐ Mince the herbs and put them into a small bowl or jar.
- ☐ Add the red pepper flakes, and the olive oil. Allow the marinade to sit at least 20 minutes and up to 8 hours at room temperature.About 30 minutes to 1 hour before you plan to serve this, taste the marinade and adjust the seasoning using salt and pepper.
- ☐ Cut mozzarella in to ¼" thick slices. Arrange them on a serving platter so that they slightly overlap, but plenty of their flat surfaces are exposed to accept the marinade.
- ☐ Drizzle the marinade over the cheese slices and let stand about 30 minutes to 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:1.7417391350736%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

## Nutrients (% of daily need)

Calories: 126.45kcal (6.32%), Fat: 14.07g (21.65%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin E: 2.16mg (14.39%), Vitamin K: 10.41µg (9.91%), Vitamin A: 127.9IU (2.56%), Manganese: 0.05mg (2.36%), Iron: 0.4mg (2.23%), Vitamin C: 1.62mg (1.96%), Fiber: 0.37g (1.46%)