



Marinated Tomato-and-"Smoked" Mozzarella Salad

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon five-spice powder
- ☐ 1.5 teaspoons barbecue seasoning smoked (such as Hickory Liquid Smoke)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 cups bread french cubed (1-inch) (8 [1-ounce] slices)
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 4 ounces mozzarella cheese fresh cubed
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon honey
- ☐ 3 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound tomatoes coarsely chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 2 cups water
- ☐ 0.5 pound tomatoes yellow coarsely chopped

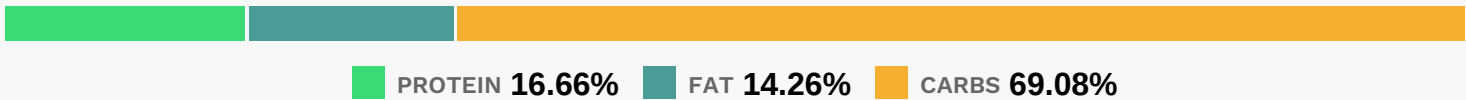
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine water and smoked seasoning in a zip-top bag, and add mozzarella. Seal and marinate in refrigerator 2 hours.
- ☐ Remove the cheese from bag, discarding the marinade.
- ☐ Combine vinegar and next 7 ingredients (vinegar through garlic) in a large zip-top bag, and add tomatoes. Seal and marinate in refrigerator 2 hours.
- ☐ Drain tomato mixture, reserving marinade.
- ☐ Preheat oven to 40
- ☐ Place bread cubes in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 10 minutes or until toasted.
- ☐ Combine cheese, tomatoes, reserved tomato marinade, and croutons in a large bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.11, Glycemic Load:69.38, Inflammation Score:-8, Nutrition Score:25.266521668952%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 539.4kcal (26.97%), Fat: 8.6g (13.23%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 93.7g (31.23%), Net Carbohydrates: 89.2g (32.44%), Sugar: 11.33g (12.59%), Cholesterol: 12.8mg (4.27%), Sodium: 1215.06mg (52.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.21%), Vitamin B1: 1.23mg (82.26%), Selenium: 51.42µg (73.46%), Folate: 225.14µg (56.28%), Manganese: 1.06mg (53.16%), Vitamin B2: 0.79mg (46.64%), Vitamin B3: 8.78mg (43.89%), Iron: 7.35mg (40.86%), Phosphorus: 257.56mg (25.76%), Calcium: 191.25mg (19.13%), Fiber: 4.5g (18%), Magnesium: 68.35mg (17.09%), Copper: 0.34mg (16.75%), Zinc: 2.43mg (16.23%), Vitamin K: 13.93µg (13.27%), Vitamin B6: 0.25mg (12.59%), Potassium: 383.64mg (10.96%), Vitamin C: 7.65mg (9.28%), Vitamin A: 407.85IU (8.16%), Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.37µg (6.16%), Vitamin E: 0.63mg (4.19%)