



Mini Caprese Salads



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large basil whole for garnish
- ☐ 4 oz olives black cut in half
- ☐ 1 pint cherry tomatoes cut in half
- ☐ 2 tbsp apple cider vinegar
- ☐ 1 large garlic clove minced
- ☐ 8 oz mozzarella cheese (small mozzarella rounds)
- ☐ 3 tbsp olive oil
- ☐ 0.5 tsp salt

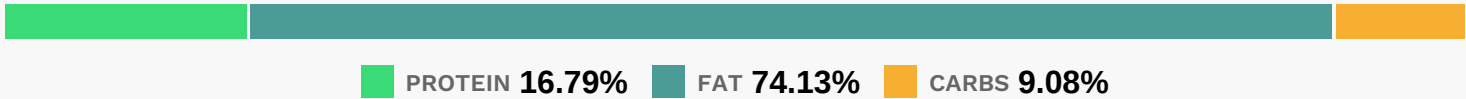
☐ 1 spring onion finely chopped

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mini Caprese Salads
- ☐ Ingredients8 oz. mozzarella pearls (small mozzarella rounds)1 pint cherry tomatoes, cut in half4 oz. small black olives, cut in half1 scallion, finely chopped1 large garlic clove, minced2 large basil leaves, cut chiffonade, plus some small whole leaves for garnish1/2 tsp salt2 tbsp cider vinegar3 tbsp olive oil
- ☐ Total Time: 15 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:6.1626087271649%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 164.5kcal (8.23%), Fat: 13.83g (21.27%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.9g (2.11%), Cholesterol: 22.4mg (7.47%), Sodium: 551.33mg (23.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.09%), Vitamin C: 13.9mg (16.85%), Calcium: 159.38mg (15.94%), Phosphorus: 118.97mg (11.9%), Vitamin E: 1.69mg (11.27%), Vitamin A: 556.84IU (11.14%), Vitamin B12: 0.65µg (10.77%), Vitamin K: 9.19µg (8.76%), Selenium: 5.31µg (7.58%), Zinc: 0.93mg (6.19%), Vitamin B2: 0.1mg (5.64%), Potassium: 165.18mg (4.72%), Manganese: 0.09mg (4.5%), Fiber: 0.93g (3.72%), Iron: 0.67mg (3.7%),

Copper: 0.07mg (3.38%), Vitamin B6: 0.07mg (3.37%), Magnesium: 13.2mg (3.3%), Folate: 11.14µg (2.78%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.39mg (1.95%), Vitamin B5: 0.12mg (1.23%)