



WHATSheATE



HEALTH SCORE

55%

Mozzarella and Basil Salad with Tomato Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 servings pepper black freshly ground



4 servings vegetable oil; peanut oil preferred neutral



1 teaspoon dijon mustard



4 servings olive oil extra virgin



2 cups basil fresh



1.5 cups mozzarella fresh



3 and orange peppers red yellow

- ☐ 0.3 cup pinenuts
- ☐ 1 head radicchio thinly
- ☐ 4 servings kosher salt
- ☐ 1 small shallots
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 cup sacramento tomato juice

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ salad spinner

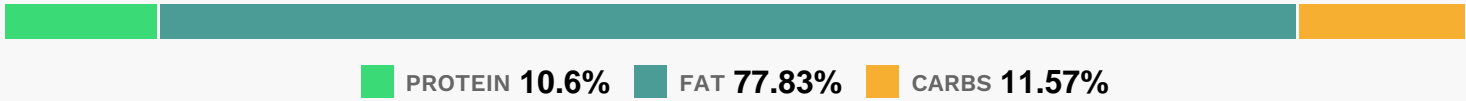
Directions

- ☐ Reduce tomato juice over low heat in a small saucepan until it forms a thick syrup. Meanwhile, mince shallot.
- ☐ Combine reduced tomato juice, vinegar, mustard and shallot.
- ☐ Whisking constantly, slowly drizzle in peanut oil until mixture has increased in volume by half. Slowly incorporate olive oil until volume of mixture is double what it was before the addition of any oil. Season lightly with salt and pepper.
- ☐ Rinse and dry peppers and halve lengthwise. Coat with peanut oil and arrange skin-side-up on a parchment-lined baking tray or cookie sheet. Broil on high as close to the heating element as possible until the skins of the peppers are charred and blistered. Seal peppers in a plastic bag for several minutes to sweat. Scrape out stems and seeds with the back of a knife

and remove skins with your fingers. Thinly slice.

- ☐ Toast pine nuts in a small skillet over low heat until light golden brown and fragrant.
- ☐ Remove basil leaves from stems and submerge in cold water for 1 to 2 minutes to remove any grit. Dry thoroughly with a salad spinner or paper towels. Shred, rinse, and dry radicchio.
- ☐ Cut mozzarella into large cubes.
- ☐ Toss together roasted peppers, pine nuts, basil, radicchio, and mozzarella in a large salad bowl. Taste vinaigrette on a basil leaf and correct seasoning. Toss salad with vinaigrette and serve immediately on chilled plates.

Nutrition Facts



Properties

Glycemic Index:63.58, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:29.262608844301%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 27.15mg, Luteolin: 27.15mg, Luteolin: 27.15mg, Luteolin: 27.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.99mg, Quercetin: 22.99mg, Quercetin: 22.99mg, Quercetin: 22.99mg

Nutrients (% of daily need)

Calories: 488.92kcal (24.45%), Fat: 43.76g (67.32%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 11.1g (4.04%), Sugar: 7.61g (8.46%), Cholesterol: 33.18mg (11.06%), Sodium: 497.92mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.83%), Vitamin K: 248.34µg (236.52%), Vitamin C: 133.71mg (162.07%), Vitamin A: 4007.74IU (80.15%), Manganese: 1.17mg (58.53%), Vitamin E: 8.37mg (55.81%), Folate: 111.4µg (27.85%), Phosphorus: 271.61mg (27.16%), Calcium: 264.34mg (26.43%), Copper: 0.46mg (23.07%), Vitamin B6: 0.43mg (21.59%), Potassium: 682.25mg (19.49%), Zinc: 2.65mg (17.69%), Magnesium: 65.99mg (16.5%), Vitamin B12: 0.96µg (15.96%), Vitamin B2: 0.26mg (15.51%), Fiber: 3.53g (14.12%), Iron: 2.28mg (12.68%), Selenium: 8.64µg (12.35%), Vitamin B3: 2mg (10.02%), Vitamin B1: 0.14mg (9.44%), Vitamin B5: 0.76mg (7.57%), Vitamin D: 0.17µg (1.12%)