



Mozzarella and Basil with Marinara Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



88 kcal

SIDE DISH

Ingredients

- 8 oz mozzarella fresh cubed
- 2 tablespoons basil fresh chopped
- 2 cups tomatoes
- 1 slices crusty baguette french

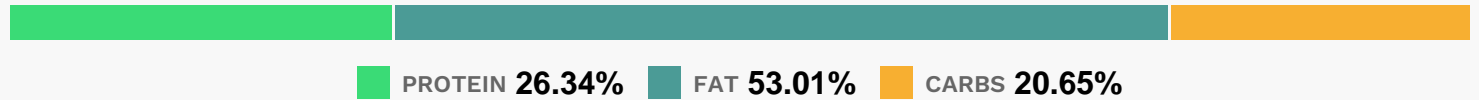
Equipment

- oven

Directions

- Heat oven to 350°F. In shallow 2-quart casserole, place cheese cubes.
- Sprinkle with basil. Spoon marinara sauce around cheese.
- Bake uncovered 8 to 10 minutes or until cheese is hot and bubbly.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:2.03, Inflammation Score:-3, Nutrition Score:4.5965217662894%

Nutrients (% of daily need)

Calories: 88.18kcal (4.41%), Fat: 5.31g (8.16%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.13g (2.37%), Cholesterol: 17.92mg (5.97%), Sodium: 394.25mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Calcium: 125.46mg (12.55%), Phosphorus: 96.78mg (9.68%), Vitamin B12: 0.52µg (8.62%), Vitamin A: 386.58IU (7.73%), Selenium: 4.7µg (6.72%), Vitamin B2: 0.11mg (6.27%), Zinc: 0.8mg (5.32%), Vitamin E: 0.76mg (5.07%), Potassium: 167.91mg (4.8%), Vitamin C: 3.5mg (4.24%), Manganese: 0.08mg (3.93%), Iron: 0.69mg (3.85%), Vitamin K: 3.65µg (3.48%), Vitamin B3: 0.66mg (3.29%), Magnesium: 12.97mg (3.24%), Fiber: 0.81g (3.23%), Copper: 0.06mg (3.21%), Vitamin B6: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.49%), Folate: 9.69µg (2.42%), Vitamin B5: 0.2mg (1.96%)