



Mozzarella and Tomato Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 3 large tomatoes coarsely chopped
- 2 cups mozzarella cheese cubed

Equipment

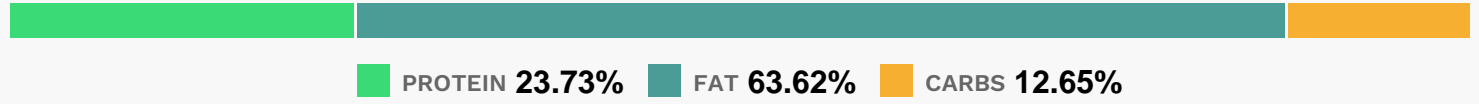
- bowl

whisk

Directions

In large bowl, mix vinegar, oil, basil and parsley with whisk. Stir in tomatoes and cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:4.0091304493987%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 75.83kcal (3.79%), Fat: 5.43g (8.36%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.59g (1.77%), Cholesterol: 14.75mg (4.92%), Sodium: 119.84mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin A: 542.07IU (10.84%), Vitamin K: 10.88µg (10.37%), Calcium: 99.94mg (9.99%), Vitamin C: 6.71mg (8.13%), Phosphorus: 77.54mg (7.75%), Vitamin B12: 0.43µg (7.09%), Selenium: 3.17µg (4.53%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.06mg (3.64%), Potassium: 125.86mg (3.6%), Manganese: 0.06mg (3.08%), Vitamin E: 0.45mg (3.02%), Magnesium: 9.17mg (2.29%), Fiber: 0.56g (2.24%), Folate: 8.75µg (2.19%), Vitamin B6: 0.04mg (2.19%), Vitamin B1: 0.02mg (1.52%), Copper: 0.03mg (1.52%), Vitamin B3: 0.3mg (1.48%), Iron: 0.25mg (1.37%)