



Mozzarella and Tomato Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil leaves
- 0.3 cup olives black
- 0.3 teaspoon pepper black freshly ground
- 8 ounces buffalo mozzarella cheese thinly sliced
- 1 teaspoon mustard coarse-grain
- 2 tablespoons olive oil extra-virgin
- 6 tomatoes assorted ripe thinly sliced
- 2 tablespoons white-wine vinegar

Equipment

bowl

whisk

Directions

Arrange mozzarella, tomatoes, and olives on platter. In bowl, whisk oil with vinegar, mustard, and pepper; drizzle on salad. Top with basil.

Nutrition Facts

 **PROTEIN 18.55%**  **FAT 68.36%**  **CARBS 13.09%**

Properties

Glycemic Index:43, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:14.296956559886%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 265.53kcal (13.28%), Fat: 20.65g (31.76%), Saturated Fat: 8.61g (53.81%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.43g (6.03%), Cholesterol: 43.09mg (14.36%), Sodium: 387.32mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.21%), Calcium: 1291.74mg (129.17%), Vitamin A: 3323.36IU (66.47%), Vitamin C: 25.59mg (31.02%), Vitamin K: 25.36µg (24.15%), Vitamin E: 2.34mg (15.62%), Potassium: 489.19mg (13.98%), Manganese: 0.25mg (12.61%), Fiber: 2.6g (10.41%), Vitamin B6: 0.15mg (7.69%), Folate: 29.06µg (7.26%), Copper: 0.13mg (6.4%), Magnesium: 23.3mg (5.82%), Vitamin B3: 1.14mg (5.69%), Iron: 0.92mg (5.1%), Vitamin B1: 0.07mg (4.87%), Phosphorus: 47.6mg (4.76%), Zinc: 0.34mg (2.27%), Vitamin B2: 0.04mg (2.23%), Vitamin B5: 0.17mg (1.75%)