



WHATSheATE



HEALTH SCORE

100%

Parsley and Mozzarella Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 qt lightly flat-leaf parsley sprigs packed coarsely chopped
- ☐ 1 cup mozzarella cheese fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.8 cup green onions chopped
- ☐ 6 tablespoons olive oil
- ☐ 0.5 teaspoon salt

☐ 2 cups tomatoes chopped

Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine parsley, tomatoes, onions, and mozzarella. In a small bowl, combine vinegar, oil, garlic, salt, and pepper.
- ☐ Pour vinaigrette over parsley salad and mix to combine.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:30.003043464992%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 339.85mg, Apigenin: 339.85mg, Apigenin: 339.85mg, Apigenin: 339.85mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 23.48mg, Myricetin: 23.48mg, Myricetin: 23.48mg, Myricetin: 23.48mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 258.06kcal (12.9%), Fat: 19.55g (30.08%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.34g (4.82%), Cholesterol: 14.75mg (4.92%), Sodium: 405.92mg (17.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin K: 2625.64µg (2500.61%), Vitamin A: 13952.31IU (279.05%), Vitamin C: 219.16mg (265.65%), Folate: 256.55µg (64.14%), Iron: 10.35mg (57.48%), Calcium: 330.41mg (33.04%), Potassium: 1054.56mg (30.13%), Fiber: 6.18g (24.74%), Vitamin E: 3.57mg (23.82%), Magnesium: 92mg (23%), Manganese: 0.38mg (18.97%), Phosphorus: 177.04mg (17.7%), Zinc: 2.38mg (15.89%), Copper: 0.28mg (14.17%), Vitamin B2: 0.23mg (13.41%), Vitamin B3: 2.45mg (12.27%), Vitamin B1: 0.17mg (11.21%), Vitamin B6: 0.21mg (10.3%), Vitamin B5: 0.72mg (7.18%), Vitamin B12: 0.43µg (7.09%), Selenium: 3.52µg (5.03%)