



Paula's Mozzarella and Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

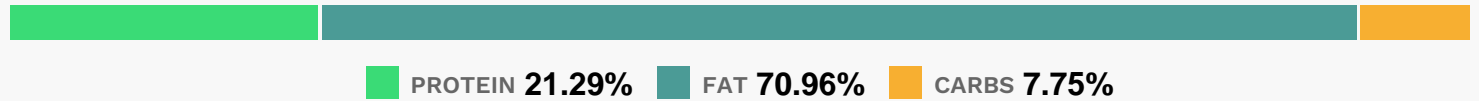
- 0.3 teaspoon pepper black freshly ground
- 8 basil leaves fresh
- 8 ounces mozzarella cheese fresh sliced
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon salt
- 2 large tomatoes ripe peeled sliced

Equipment

Directions

- Watch how to make this recipe.
- Arrange the tomato and mozzarella slices on a platter or individual salad plates, overlapping the slices and fanning them out like a deck of cards.
- Sprinkle with the salt and pepper.
- Drizzle with the oil.
- Cut it into very thin slices or tear into bits and sprinkle on top or leave the leaves whole and tuck them here and there between the mozzarella and tomato slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:9.8026087024938%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 248.85kcal (12.44%), Fat: 19.86g (30.56%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.98g (3.31%), Cholesterol: 44.79mg (14.93%), Sodium: 505.59mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Calcium: 297.56mg (29.76%), Vitamin A: 1184.2IU (23.68%), Phosphorus: 223.2mg (22.32%), Vitamin B12: 1.29µg (21.55%), Vitamin K: 16.23µg (15.46%), Vitamin C: 12.61mg (15.29%), Selenium: 9.65µg (13.78%), Zinc: 1.82mg (12.12%), Vitamin E: 1.61mg (10.77%), Vitamin B2: 0.18mg (10.5%), Potassium: 262.88mg (7.51%), Manganese: 0.15mg (7.31%), Magnesium: 22.08mg (5.52%), Vitamin B6: 0.1mg (4.77%), Fiber: 1.14g (4.55%), Folate: 18.18µg (4.55%), Vitamin B1: 0.05mg (3.41%), Copper: 0.06mg (3.24%), Iron: 0.57mg (3.18%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.16mg (1.64%), Vitamin D: 0.23µg (1.51%)