



Peach and Mint Caprese Salad with Curry Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup champagne vinegar
- ☐ 8 servings coarse kosher salt
- ☐ 0.5 tablespoon madras curry powder
- ☐ 10 sprigs basil fresh
- ☐ 10 sprigs mint leaves fresh
- ☐ 0.5 teaspoon mild honey

- ☐ 4 balls mozzarella cheese (8 oz. each, preferably buffalo's milk; see Notes)
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 large peaches white yellow rinsed peeled

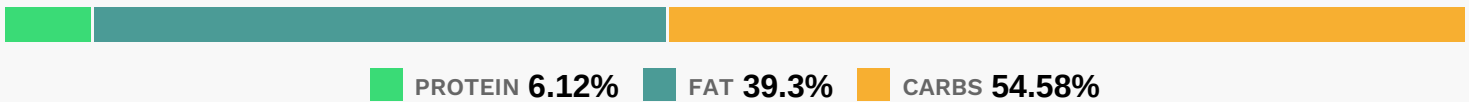
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ In a dry (not nonstick) skillet, toast curry powder over medium heat, stirring constantly, until fragrant, a shade darker, and just starting to smoke, 2 minutes.
- ☐ Transfer to a bowl; let cool briefly.
- ☐ Whisk in olive oil, vinegar, and honey. Set aside.
- ☐ Slice mozzarella into 1/2-in.-thick pieces and set aside. Peel peaches, cut in half lengthwise, and remove pits. Set each half flat on cutting board and slice into 1/2-in.-thick half-moons; set aside. Pluck mint and basil leaves from stems and set aside.
- ☐ Lay a couple of pieces of peach in center, top with a leaf or two of mint and basil, drape on a piece of mozzarella, or repeat layering 2 or 3 times. Top each stack with 2 peach slices and a sprig of mint.
- ☐ Drizzle with curry vinaigrette, season with salt and pepper, and scatter a few mint and basil leaves on each plate.

Nutrition Facts



Properties

Glycemic Index:28.32, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:3.7769565042108%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 69.21kcal (3.46%), Fat: 3.13g (4.82%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 8.18g (2.97%), Sugar: 7.72g (8.58%), Cholesterol: 0.4mg (0.13%), Sodium: 210.27mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 15.17µg (14.45%), Vitamin A: 477.85IU (9.56%), Vitamin E: 1.13mg (7.55%), Manganese: 0.13mg (6.67%), Fiber: 1.6g (6.41%), Vitamin C: 4.55mg (5.52%), Copper: 0.09mg (4.41%), Potassium: 134.85mg (3.85%), Vitamin B3: 0.76mg (3.82%), Iron: 0.65mg (3.61%), Selenium: 2µg (2.86%), Magnesium: 11.43mg (2.86%), Phosphorus: 26.01mg (2.6%), Folate: 9.01µg (2.25%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.27mg (1.82%), Calcium: 16.79mg (1.68%), Vitamin B1: 0.02mg (1.61%), Vitamin B6: 0.03mg (1.61%), Vitamin B5: 0.15mg (1.46%)