



Roasted Tomato, Arugula and Mozzarella Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce baby arugula
- ☐ 4 servings balsamic vinegar
- ☐ 0.3 cup chiffonade basil leaves
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 8 ounce baby mozzarella balls drained
- ☐ 3 tablespoons olive oil
- ☐ 4 plum tomatoes seeded cut in 1/2 and

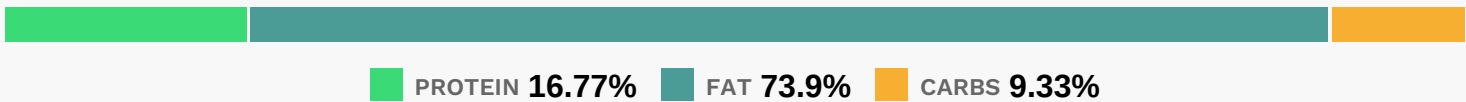
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Add the tomatoes to a shallow 2-quart casserole dish in a single layer.
- ☐ Toss the tomatoes with the oil, and salt and pepper, to taste. Make sure the tomatoes are cut side up after tossing. Roast until the tomatoes are extremely tender, about 35 to 40 minutes.
- ☐ Remove them from the oven and keep warm.
- ☐ In a large salad bowl, toss the arugula, mozzarella balls, basil and the warm tomatoes along with any juices from the dish.
- ☐ Drizzle with some good balsamic and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:9.2217392370753%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 269.26kcal (13.46%), Fat: 23g (35.39%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.17g (1.88%), Sugar: 4.75g (5.28%), Cholesterol: 20.41mg (6.8%), Sodium: 56.89mg (2.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Vitamin K: 56.23µg (53.56%), Vitamin A: 1437.05IU (28.74%), Calcium: 272.89mg (27.29%), Vitamin C: 14.08mg (17.07%), Vitamin E: 2.01mg (13.41%), Manganese: 0.24mg (11.77%), Folate: 44.71µg (11.18%), Potassium: 301.48mg (8.61%), Magnesium: 26.53mg (6.63%), Fiber: 1.36g (5.44%), Iron: 0.92mg (5.09%), Vitamin B6: 0.08mg (3.9%), Copper: 0.07mg (3.74%), Phosphorus: 37.35mg (3.73%), Vitamin B1: 0.04mg (2.61%), Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.21mg (2.15%), Zinc: 0.3mg (1.99%)