



Roasted Tomato Caprese Salad

 Vegetarian  Gluten Free

READY IN



165 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 tablespoons balsamic vinegar
- 8 leaves basil fresh very thin cut in strips
- 1.5 teaspoons garlic minced
- 6 servings ground pepper black to taste
- 16 ounce mozzarella cheese fresh salted sliced
- 0.3 cup olive oil extra-virgin
- 8 roma tomatoes halved lengthwise seeded (plum)
- 6 servings sea salt to taste

2 teaspoons sugar white

Equipment

baking sheet

oven

Directions

Preheat oven to 275 degrees F (135 degrees C).

Arrange tomatoes, cut sides up, on a baking sheet.

Drizzle with 1/4 cup olive oil and 1 1/2 tablespoon balsamic vinegar and sprinkle with garlic, sugar, sea salt, and black pepper.

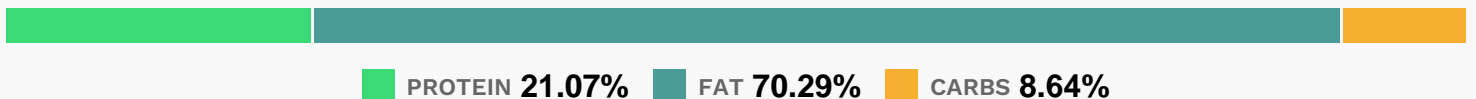
Roast tomatoes in the preheated oven until they begin to turn brown and the juices become thick and sticky, about 2 hours.

Let tomatoes cool to room temperature.

Place tomato halves and slices of mozzarella cheese onto a serving platter, alternating tomatoes and cheese to make an attractive pattern; sprinkle salad with basil.

Drizzle with 1 tablespoon extra-virgin olive oil and 1 1/2 teaspoon balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:52.85, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:11.545217353365%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 331.41kcal (16.57%), Fat: 26.08g (40.12%), Saturated Fat: 11.21g (70.06%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.17g (2.24%), Sugar: 4.89g (5.44%), Cholesterol: 59.72mg (19.91%), Sodium: 673.21mg (29.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.17%), Calcium: 394.32mg (39.43%), Phosphorus: 289.9mg (28.99%), Vitamin B12: 1.72µg (28.73%), Vitamin A: 1235.44IU (24.71%), Selenium: 12.97µg (18.53%), Vitamin K: 16.63µg (15.84%), Zinc: 2.37mg (15.78%), Vitamin C: 11.68mg (14.16%), Vitamin B2: 0.23mg (13.61%), Vitamin E: 1.89mg (12.62%), Manganese: 0.16mg (7.78%), Potassium: 264.31mg (7.55%), Magnesium: 25.48mg (6.37%), Vitamin B6: 0.1mg (5.24%), Folate: 18.18µg (4.55%), Fiber: 1.04g (4.17%), Iron: 0.68mg (3.78%), Vitamin B1: 0.06mg (3.67%), Copper: 0.06mg (3.23%), Vitamin B3: 0.58mg (2.91%), Vitamin D: 0.3µg (2.02%), Vitamin B5: 0.19mg (1.87%)