



## 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

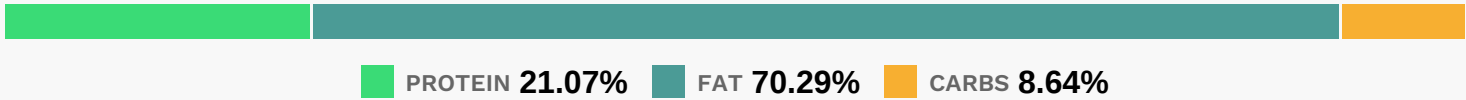
☐ baking sheet

☐ 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%)