



Smiling Caprese Salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 6 leaves basil fresh cut into slivers
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.5 pound mozzarella cheese cut into bite-size cubes
- ☐ 0.3 cup olive oil extra-virgin to taste
- ☐ 6 tomatoes cut into bite-size pieces

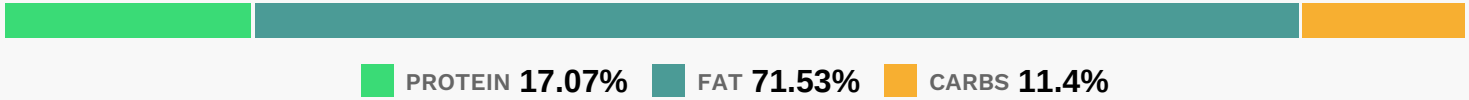
Equipment

- ☐ bowl

Directions

☐ Stir tomatoes, olive oil, balsamic vinegar, and basil together in a large salad bowl; gently fold in mozzarella cheese ; season with salt and black pepper. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:13.875217313352%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 328.35kcal (16.42%), Fat: 26.55g (40.85%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.27g (2.64%), Sugar: 6.34g (7.04%), Cholesterol: 44.79mg (14.93%), Sodium: 366.43mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.51%), Vitamin A: 1960.28IU (39.21%), Calcium: 308.31mg (30.83%), Vitamin C: 25.41mg (30.8%), Vitamin K: 27.28µg (25.98%), Phosphorus: 246.71mg (24.67%), Vitamin B12: 1.29µg (21.55%), Vitamin E: 3.06mg (20.37%), Potassium: 490.75mg (14.02%), Selenium: 9.65µg (13.78%), Zinc: 1.98mg (13.21%), Manganese: 0.26mg (12.83%), Vitamin B2: 0.2mg (11.54%), Fiber: 2.25g (9.01%), Vitamin B6: 0.17mg (8.5%), Magnesium: 33.01mg (8.25%), Folate: 32.17µg (8.04%), Copper: 0.12mg (6.04%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.09mg (5.71%), Iron: 0.9mg (5%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.23µg (1.51%)