



Spicy Marinated Mozzarella with Oregano and Capers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers chopped
- ☐ 0.3 teaspoon coarse salt
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.3 teaspoon pepper dried red crushed

☐ 12 ounces water-packed tuna fresh drained cut into 1/4-inch-thick slices

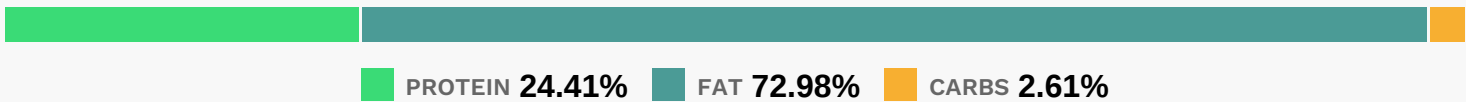
Equipment

☐ frying pan

Directions

- ☐ Overlap cheese slices on medium platter.
- ☐ Heat 2 tablespoons oil in small skillet over medium heat.
- ☐ Add garlic and crushed pepper and stir just until garlic begins to color, about 2 minutes.
- ☐ Remove from heat; stir in oregano, salt, and pepper. Cool. Stir in capers and remaining 4 tablespoons oil. Spoon over cheese slices.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:8.6739130616188%

Flavonoids

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: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 14.61g (22.48%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.06g (0.07%), Cholesterol: 20.41mg (6.8%), Sodium: 296.95mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Selenium: 38.67µg (55.25%), Vitamin B3: 5.7mg (28.49%), Vitamin B12: 1.46µg (24.29%), Vitamin E: 2.41mg (16.08%), Vitamin K: 14.62µg (13.92%), Vitamin B6: 0.21mg (10.26%), Phosphorus: 81.09mg (8.11%), Iron: 1.42mg (7.87%), Vitamin D: 0.68µg (4.54%), Magnesium: 16.69mg (4.17%), Manganese: 0.08mg (4.17%), Potassium: 118.26mg (3.38%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.42mg (2.81%), Calcium: 27.24mg (2.72%), Copper: 0.05mg (2.37%), Fiber: 0.51g (2.04%), Vitamin A: 75.43IU (1.51%), Vitamin B1: 0.02mg (1.42%), Folate: 4.92µg (1.23%)