



Stacked Tomato Salad with Black Olive Tapenade and Sweet Basil Dressing



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 fillet anchovy
- ☐ 12 basil leaves cut into chiffonade
- ☐ 1 tablespoon dijon mustard
- ☐ 3 cloves garlic peeled coarsely chopped
- ☐ 2 tablespoons honey
- ☐ 1 pound mozzarella cheese thinly sliced
- ☐ 0.5 cup olive oil

- ☐ 0.8 cup olive oil pure
- ☐ 2 cups niçoise olives pitted
- ☐ 2 tablespoons pinenuts
- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 pounds tomatoes yellow ripe sliced into 1/ rounds beefsteak, , and heirloom

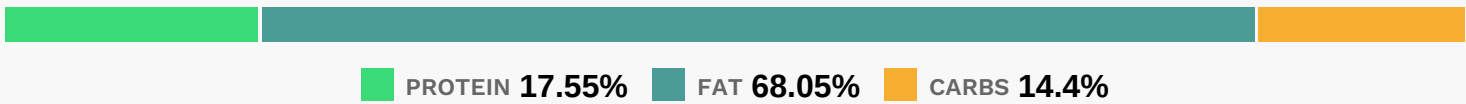
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Place a tomato slice on a plate and spread with some of the tapenade. Then place a slice of the mozzarella on top, add a few basil leaves, and finish with another tomato slice. You can add another layer to make Napoleon as high as you desire. Top with another small spoonful of the tapenade and then drizzle the Sweet Basil Dressing over the tomato and around the plate.
- ☐ Garnish with a sprig of fresh basil and repeat to make 4 to 6 plates.
- ☐ Combine olives, garlic, anchovies and pine nuts in a food processor and process until smooth. With the motor running, slowly add the oil until emulsified. Season with salt and pepper, to taste.
- ☐ Whisk together vinegar, Dijon mustard, and honey in a medium bowl. Slowly whisk in the olive oil until emulsified. Season with salt and pepper, to taste, and then stir in the basil.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:3.62, Inflammation Score:-7, Nutrition Score:18.598695630613%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 459.79kcal (22.99%), Fat: 35.91g (55.25%), Saturated Fat: 12.4g (77.47%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 13.7g (4.98%), Sugar: 6.94g (7.71%), Cholesterol: 61.72mg (20.57%), Sodium: 1260.76mg (54.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.69%), Calcium: 442.81mg (44.28%), Phosphorus: 382.71mg (38.27%), Manganese: 0.66mg (32.91%), Vitamin B12: 1.74µg (29.07%), Vitamin C: 21.15mg (25.63%), Selenium: 16.53µg (23.61%), Vitamin E: 3.5mg (23.34%), Zinc: 3.19mg (21.28%), Potassium: 715.22mg (20.43%), Vitamin B2: 0.35mg (20.38%), Folate: 77.04µg (19.26%), Copper: 0.36mg (17.83%), Vitamin B3: 3.51mg (17.57%), Magnesium: 59.81mg (14.95%), Vitamin A: 735.19IU (14.7%), Fiber: 3.39g (13.55%), Vitamin K: 13.13µg (12.51%), Iron: 2.18mg (12.12%), Vitamin B6: 0.2mg (10.02%), Vitamin B1: 0.15mg (9.81%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.3µg (2.02%)