



Strawberry Caprese Salad



Vegetarian



Gluten Free

READY IN



170 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings garnish: basil fresh thinly sliced
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon brown sugar light
- ☐ 8 oz mozzarella cheese balls fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

- ☐ 4 cups strawberries fresh halved
- ☐ 3 tablespoons balsamic vinegar white

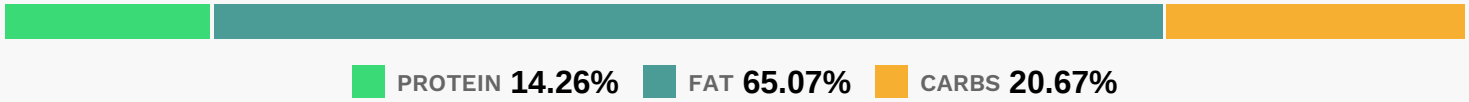
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together white balsamic vinegar, minced garlic, brown sugar, salt, and freshly ground pepper in a large bowl until sugar is dissolved.
- ☐ Add olive oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Add 1/3 cup chopped fresh basil and mozzarella cheese balls; toss to coat. Cover and chill 2 hours. Stir in strawberries; let stand at room temperature 30 minutes, stirring occasionally.
- ☐ Serve over fresh arugula or as an appetizer with toasted French bread baguette slices.
- ☐ Garnish with thinly sliced fresh basil.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:2.94, Inflammation Score:-4, Nutrition Score:7.9699998705283%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg 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: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 203.46kcal (10.17%), Fat: 15.4g (23.7%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9g (3.27%), Sugar: 7.85g (8.72%), Cholesterol: 13.61mg (4.54%), Sodium: 127.47mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin C: 57.2mg (69.34%), Manganese: 0.44mg (21.99%), Vitamin K: 20.3µg (19.34%), Calcium: 161.47mg (16.15%), Vitamin E: 1.31mg (8.76%), Fiber: 2g (8.02%), Folate: 25.36µg (6.34%), Potassium: 171.54mg (4.9%), Magnesium: 16.02mg (4.01%), Vitamin A: 187.85IU (3.76%), Iron: 0.63mg (3.49%), Copper: 0.06mg (3.23%), Vitamin B6: 0.06mg (2.88%), Phosphorus: 27.4mg (2.74%), Vitamin B3: 0.41mg (2.04%), Vitamin B1: 0.03mg (1.68%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.18mg (1.17%)