



Strawberry Caprese Salad



Gluten Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic reduction
- ☐ 1 handful basil leaves julienned
- ☐ 1 cup mozzarella cheese fresh sliced
- ☐ 2 cups strawberries hulled sliced

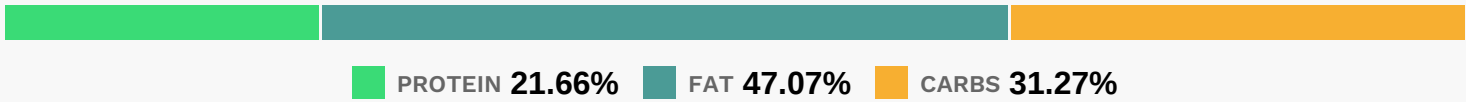
Equipment

Directions

☐

Assemble the salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:3.61, Inflammation Score:-6, Nutrition Score:14.079565214074%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 239.36kcal (11.97%), Fat: 12.95g (19.93%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 16.47g (5.99%), Sugar: 10.62g (11.8%), Cholesterol: 44.24mg (14.75%), Sodium: 352.6mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin C: 84.85mg (102.85%), Calcium: 307.61mg (30.76%), Manganese: 0.58mg (29.21%), Phosphorus: 233.36mg (23.34%), Vitamin B12: 1.28µg (21.28%), Selenium: 10.1µg (14.43%), Zinc: 1.84mg (12.3%), Fiber: 2.9g (11.58%), Vitamin B2: 0.19mg (11.23%), Folate: 39.16µg (9.79%), Vitamin A: 448.59IU (8.97%), Vitamin K: 8.61µg (8.2%), Magnesium: 30.56mg (7.64%), Potassium: 265.83mg (7.6%), Iron: 0.87mg (4.82%), Vitamin B6: 0.09mg (4.5%), Copper: 0.08mg (3.96%), Vitamin E: 0.53mg (3.55%), Vitamin B1: 0.05mg (3.45%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.26mg (2.61%), Vitamin D: 0.22µg (1.49%)