



Tomato and Bocconcini Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula dried rinsed
- ☐ 4 cups baby spinach dried rinsed
- ☐ 0.5 cup balsamic vinegar
- ☐ 1 cup bocconcini cheese fresh cut into bite-sized pieces
- ☐ 1 clove garlic minced
- ☐ 2 cups grape tomatoes
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup olive oil

- ☐ 1 cup onion red minced
- ☐ 1 teaspoon salt

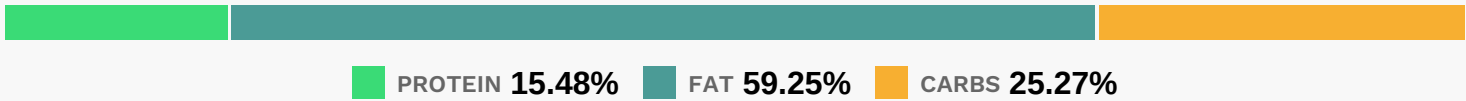
Equipment

- ☐ bowl

Directions

- ☐ Combine the olive oil, vinegar, garlic, salt, and black pepper in a jar with a lid; set aside. Gently combine the spinach, arugula, tomatoes, bocconcini cheese, and onion in a pretty serving bowl. Shake the salad dressing vigorously to combine, and drizzle over the salad to serve.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:14.078695660052%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 154.82kcal (7.74%), Fat: 10.26g (15.79%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.9g (6.56%), Cholesterol: 18.83mg (6.28%), Sodium: 537.01mg (23.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Vitamin K: 111.07µg (105.78%), Vitamin A: 2638.44IU (52.77%), Vitamin C: 15.55mg (18.85%), Manganese: 0.37mg (18.67%), Calcium: 183.11mg (18.31%), Folate: 61.81µg (15.45%), Phosphorus: 124.51mg (12.45%), Potassium: 337.7mg (9.65%), Vitamin E: 1.37mg (9.14%), Magnesium: 35.4mg (8.85%), Vitamin B2: 0.14mg (8.49%), Selenium: 5.77µg (8.24%), Vitamin B6: 0.14mg (6.79%), Fiber: 1.69g (6.76%), Zinc: 0.99mg (6.57%), Iron: 1.08mg (5.98%), Copper: 0.09mg (4.44%), Vitamin B1: 0.06mg (3.73%), Vitamin B12: 0.2µg (3.33%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.2mg (2.05%)