




Tomato and Herb Salad with Fresh Chive Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 basil
- 12 slices mozzarella fresh
- 0.5 teaspoon honey
- 2 sprigs marjoram
- 0.3 cup olive oil extra virgin extra-virgin
- 1.5 tablespoons red wine vinegar
- 1 tsp sea salt

2 pounds vine ripened tomato assorted

Equipment

bowl

whisk

kitchen scissors

Directions

Slice large tomatoes; leave small tomatoes whole, or cut in wedges or halves. Arrange on a platter with cheese.

In a small bowl, whisk 1 tsp. salt, the vinegar, and honey until salt is dissolved; whisk in olive oil. Spoon over tomatoes.

Strip marjoram leaves and flowers from sprigs onto salad. With kitchen scissors, snip basil leaves and flowers over tomatoes.

Sprinkle with salt to taste.

Nutrition Facts

 **PROTEIN 19.58%**  **FAT 69.43%**  **CARBS 10.99%**

Properties

Glycemic Index:23.41, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:9.382608724677%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 210.24kcal (10.51%), Fat: 16.5g (25.38%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.79g (4.21%), Cholesterol: 33.58mg (11.19%), Sodium: 563.42mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Vitamin A: 1278.45IU (25.57%), Calcium: 232.27mg (23.23%), Vitamin C: 15.77mg (19.12%), Phosphorus: 178.95mg (17.9%), Vitamin K: 17.63µg (16.79%),

Vitamin B12: 0.97µg (16.15%), Vitamin E: 1.67mg (11.16%), Selenium: 7.24µg (10.35%), Zinc: 1.45mg (9.66%), Potassium: 307.79mg (8.79%), Vitamin B2: 0.14mg (8.42%), Manganese: 0.16mg (8.19%), Fiber: 1.47g (5.88%), Magnesium: 22.29mg (5.57%), Vitamin B6: 0.11mg (5.51%), Folate: 21.02µg (5.25%), Iron: 0.77mg (4.28%), Copper: 0.08mg (3.85%), Vitamin B1: 0.06mg (3.71%), Vitamin B3: 0.73mg (3.67%), Vitamin B5: 0.16mg (1.62%), Vitamin D: 0.17µg (1.13%)