



Tomato-Basil Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil leaves fresh
- 1 onion thinly sliced
- 1 cup mozzarella cheese shredded kraft
- 0.5 cup sun tomato vinaigrette dressing dried kraft
- 4 large tomatoes sliced

Equipment

Directions

- Arrange tomatoes, onions and basil on platter; sprinkle with cheese.
- Drizzle with dressing.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:5.2304348142251%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 107.5kcal (5.38%), Fat: 8.93g (13.74%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.81g (3.13%), Cholesterol: 8.85mg (2.95%), Sodium: 74.48mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 23.38µg (22.27%), Vitamin A: 745.66IU (14.91%), Vitamin C: 11mg (13.34%), Calcium: 68.49mg (6.85%), Vitamin E: 1mg (6.68%), Phosphorus: 60.98mg (6.1%), Potassium: 201.65mg (5.76%), Manganese: 0.11mg (5.72%), Fiber: 1.08g (4.32%), Vitamin B12: 0.26µg (4.26%), Vitamin B6: 0.08mg (3.87%), Folate: 14.61µg (3.65%), Zinc: 0.48mg (3.19%), Selenium: 2.16µg (3.09%), Magnesium: 12.12mg (3.03%), Vitamin B2: 0.05mg (2.91%), Copper: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.47mg (2.34%), Iron: 0.31mg (1.71%)