



## Tomato Basil Towers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 2 large beefsteak tomatoes
- 1 cup basil leaves fresh
- 8 ounces goat cheese crumbled
- 1 cup gorgonzola cheese crumbled
- 2 tablespoons olive oil

### Equipment

## Directions

- Place 4 tomato slices on a serving platter or individual plates.
- Place 3 pieces of basil, 1 teaspoon of gorgonzola, and 1 teaspoon goat cheese on top of each slice. Repeat 3 or 4 times to create towers. Then drizzle with balsamic vinegar and oil, and top with gorgonzola.

## Nutrition Facts

**PROTEIN 20.57%** **FAT 69.52%** **CARBS 9.91%**

## Properties

Glycemic Index:46.25, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:16.728695838348%

## Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg 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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 350.31kcal (17.52%), Fat: 27.44g (42.21%), Saturated Fat: 14.56g (91.02%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.66g (2.42%), Sugar: 6.33g (7.03%), Cholesterol: 47.27mg (15.76%), Sodium: 544.25mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Vitamin A: 2533.85IU (50.68%), Vitamin K: 44.24µg (42.14%), Phosphorus: 300.16mg (30.02%), Vitamin C: 24.37mg (29.54%), Copper: 0.55mg (27.59%), Calcium: 258.39mg (25.84%), Vitamin B2: 0.36mg (21.19%), Vitamin B6: 0.33mg (16.7%), Manganese: 0.33mg (16.62%), Potassium: 516.69mg (14.76%), Vitamin E: 2.15mg (14.31%), Folate: 46.55µg (11.64%), Zinc: 1.62mg (10.78%), Iron: 1.91mg (10.62%), Vitamin B5: 1.04mg (10.38%), Magnesium: 39.07mg (9.77%), Fiber: 2.14g (8.54%), Selenium: 5.7µg (8.15%), Vitamin B3: 1.6mg (7.98%), Vitamin B12: 0.45µg (7.54%), Vitamin B1: 0.11mg (7.52%), Vitamin D: 0.37µg (2.45%)