



WHATSheATE



Tomato, Fresh Mozzarella, and Basil Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon olive oil extravirgin



0.5 cup basil leaves fresh



0.5 pound mozzarella cheese fresh cut into 12 slices



0.3 teaspoon kosher salt



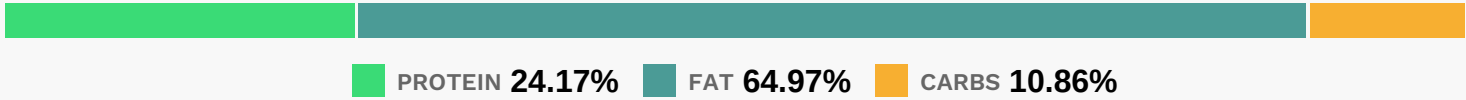
4 tomatoes cut into 6 slices (1 1/2 pounds)

Equipment

Directions

- ☐ Arrange 4 tomato slices and 2 mozzarella slices on each of 6 salad plates.
- ☐ Sprinkle evenly with salt and pepper; drizzle with oil. Top evenly with basil.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:7.656521709069%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 149.45kcal (7.47%), Fat: 10.96g (16.86%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.55g (2.84%), Cholesterol: 29.86mg (9.95%), Sodium: 338.14mg (14.7%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.17g (18.35%), Vitamin A: 1044.54IU (20.89%), Calcium: 203.08mg (20.31%), Vitamin K: 17.19µg (16.37%), Phosphorus: 154.74mg (15.47%), Vitamin B12: 0.86µg (14.36%), Vitamin C: 11.59mg (14.05%), Selenium: 6.44µg (9.19%), Zinc: 1.26mg (8.4%), Vitamin B2: 0.12mg (7.31%), Manganese: 0.14mg (6.93%), Potassium: 230.12mg (6.57%), Vitamin E: 0.87mg (5.78%), Magnesium: 18mg (4.5%), Fiber: 1.04g (4.15%), Vitamin B6: 0.08mg (4.15%), Folate: 16.32µg (4.08%), Copper: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.83%), Vitamin B3: 0.55mg (2.73%), Iron: 0.47mg (2.63%), Vitamin B5: 0.13mg (1.32%), Vitamin D: 0.15µg (1.01%)