



Tomozzakala Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

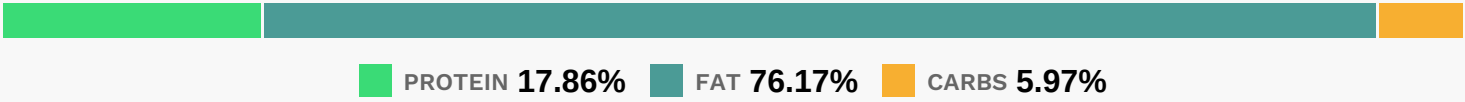
- ☐ 4 servings olive oil extra virgin
- ☐ 10 basil leaves fresh chopped
- ☐ 10 slices mozzarella cheese fresh thin
- ☐ 10 kalamata olives
- ☐ 4 servings cracked pepper black to taste
- ☐ 4 servings salt to taste
- ☐ 2 large tomatoes red ripe sliced

Equipment

Directions

- ☐
- Alternate and overlap the tomato slices and mozzarella cheese slices on a platter.
- ☐
- Sprinkle the basil over the tomato and mozzarella layers. Scatter the olives over the salad.
- ☐
- Drizzle the olive oil over everything; season with salt and pepper. Allow to sit at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:12.018260872882%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 367.62kcal (18.38%), Fat: 31.55g (48.54%), Saturated Fat: 11.48g (71.74%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.18g (3.53%), Cholesterol: 55.96mg (18.65%), Sodium: 798.8mg (34.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Calcium: 374.48mg (37.45%), Phosphorus: 273.71mg (27.37%), Vitamin B12: 1.62µg (26.92%), Vitamin A: 1329.46IU (26.59%), Vitamin K: 21.7µg (20.67%), Vitamin E: 3.03mg (20.21%), Selenium: 12.14µg (17.34%), Vitamin C: 12.65mg (15.33%), Zinc: 2.24mg (14.91%), Vitamin B2: 0.22mg (12.91%), Potassium: 278.16mg (7.95%), Manganese: 0.15mg (7.49%), Magnesium: 26.09mg (6.52%), Fiber: 1.46g (5.85%), Vitamin B6: 0.1mg (5.2%), Folate: 19.61µg (4.9%), Iron: 0.73mg (4.04%), Copper: 0.08mg (3.94%), Vitamin B1: 0.06mg (3.83%), Vitamin B3: 0.65mg (3.24%), Vitamin D: 0.28µg (1.89%), Vitamin B5: 0.19mg (1.87%)