



Winter Caprese Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 large buffalo mozzarella cheese (from buffalo mozzarella)
- 6 cups basil fresh for garnish
- 2 cloves garlic
- 1.5 cups olive oil extra virgin extra-virgin
- 6 tablespoons parmesan freshly grated
- 4 tablespoons pinenuts
- 12 plum tomatoes
- 8 servings pepper black freshly ground

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- colander

Directions

- Preheat the oven to 200°F.
- In a large bowl, toss the tomatoes with 1/2 cup of the olive oil and salt and pepper to taste.
- Place cut side down on a small baking sheet and bake for about 2 hours, or until the tomatoes are softened.
- Remove the tomatoes from the oven and let cool.
- Transfer the cooled tomatoes to a colander and set aside to drain while you make the pesto.
- Combine the garlic and Parmigiano in a blender and pulse until the garlic is roughly chopped.
- Add the basil and pulse 7 or 8 times, or until the leaves are shredded. With the blender running, slowly add the remaining 1 cup olive oil, blending until smooth.
- Toast the pine nuts in an 8-inch sauté pan over medium heat, tossing frequently, until golden brown, 3 to 4 minutes.
- Transfer to a plate to cool.
- To serve, arrange 3 tomato halves cut side down on each plate.
- Place a ball of mozzarella in the center and spoon 2 tablespoons of the pesto onto each ball of mozzarella.
- Sprinkle with the pine nuts and garnish with basil leaves.
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Nutrition Facts

PROTEIN 9.6% FAT 76.76% CARBS 13.64%

Properties

Glycemic Index:24.63, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:12.613913152529%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 144.94kcal (7.25%), Fat: 13.01g (20.01%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.73g (3.03%), Cholesterol: 3.31mg (1.1%), Sodium: 69.94mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin K: 89.86µg (85.58%), Manganese: 0.78mg (38.94%), Vitamin A: 1785.04IU (35.7%), Vitamin C: 16.25mg (19.7%), Vitamin E: 2.29mg (15.26%), Calcium: 110.54mg (11.05%), Copper: 0.19mg (9.75%), Magnesium: 36.31mg (9.08%), Potassium: 311.89mg (8.91%), Phosphorus: 88.48mg (8.85%), Folate: 28.19µg (7.05%), Iron: 1.2mg (6.67%), Fiber: 1.63g (6.52%), Vitamin B6: 0.12mg (6%), Zinc: 0.74mg (4.93%), Vitamin B3: 0.95mg (4.75%), Vitamin B1: 0.06mg (4.12%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.16mg (1.59%), Selenium: 1.04µg (1.49%)