

Caprese Salad

🕒 10 min 🍽️ 4 servings

457 Kcal / serving

26g Protein 36g Fat 8g Carbs

Ingredients

- 1 lb fresh mozzarella, 1 pound (454 g)
- 1 bunch fresh basil, 1 bunch (8 g)
- 2 tbsp balsamic vinegar, 2 tbsp (32 g)
- 3 tbsp olive oil, 3 servings (42 g)
- 2 large tomatoes, 2 large whole (3" dia) (364 g)
- Salt and pepper, 4 servings (2 g)



Instructions

1. Wash tomatoes and basil, and slice tomatoes and mozzarella cheese into ¼ inch thick circles (or squares if you like the shape better).
2. Arrange tomatoes, mozzarella cheese, and basil leaves in an alternating pattern in a serving dish.
3. Whisk together olive oil and balsamic vinegar with a fork.
4. Drizzle oil mixture over salad and sprinkle with salt and pepper.
5. Cover and refrigerate until ready to serve.

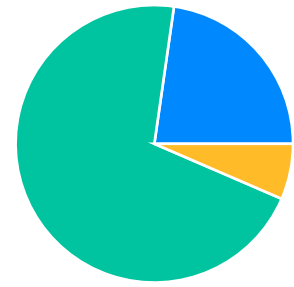
Comments

Keto, Vegetarian, Gluten Free, Low Lactose, Fodmap friendly
Add some sliced chicken breast to make it a dinner option.

Macronutrient summary

TOTAL	/100 G	/SERVING
-------	--------	----------

Energy [kcal]	1828.8	202.7	457.2
Protein [g]	104.3	11.6	26.1
Fat [g]	144.2	16	36.1
Carbs [g]	29.8	3.3	7.5
Fiber [g]	4.5	0.5	1.1
Net Carbs [g]	25.3	2.8	6.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	2352.8	260.8	588.2
Iron, Fe [mg]	3.7	0.4	0.9
Magnesium, Mg [mg]	139.8	15.5	35
Phosphorus, P [mg]	1705.1	189	426.3
Potassium, K [mg]	1267.7	140.5	316.9
Sodium, Na [mg]	3648.5	404.5	912.1
Zinc, Zn [mg]	14	1.6	3.5
Vitamin A, RAE [ug]	986.7	109.4	246.7
Vitamin E [mg]	8.9	1	2.2
Vitamin D [ug]	1.8	0.2	0.5
Vitamin C [mg]	51.3	5.7	12.8
Thiamin [mg]	0.3	0	0.1
Riboflavin [mg]	1.4	0.2	0.4
Niacin [mg]	2.7	0.3	0.7
Vitamin B6 [mg]	0.5	0.1	0.1
Vitamin B12 [ug]	10.4	1.2	2.6
Vitamin K [ug]	97.7	10.8	24.4