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Quick and Easy Low Carb Caprese Salad ••

A refreshing and healthy salad made with fresh tomatoes, mozzarella cheese, basil, and balsamic glaze. This low carb version of the classic Caprese salad is perfect for those following a low carb diet.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	Tomatoes
200 g	mozzarella cheese
20 g	fresh basil leaves
4 tsp	balsamic glaze

1 tsp Salt

1 tsp Black pepper

Directions

Step 1

Cut

Slice the tomatoes and mozzarella cheese into thick slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Plating

Arrange the tomato and mozzarella slices on a serving plate, alternating them.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Sprinkling

Sprinkle the basil leaves over the tomato and mozzarella slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Infusing

Drizzle the balsamic glaze over the salad.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Stirring

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 140 kcal

Fat: 10 g

Protein: 9 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	16 mg	17.78%	21.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	190 mg	5.59%	7.31%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

Low Carb

Low Calorie

Course

Snacks

Salads

Soups

Kitchen Tools

Slow Cooker

Cuisines

Middle Eastern

Italian

Indian

Mediterranean

Greek

Spanish

American

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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