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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



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%

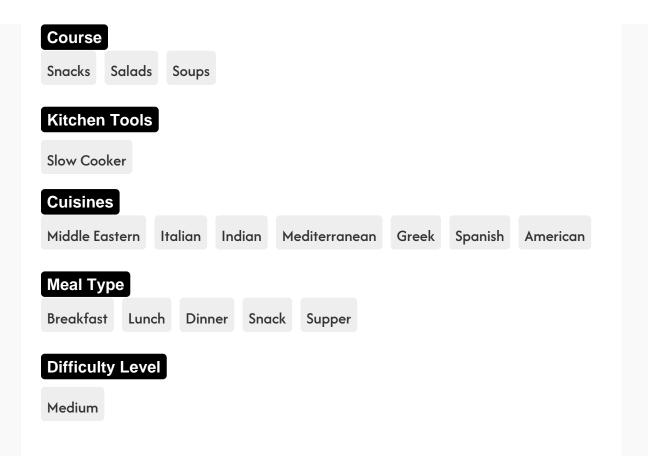
Minerals

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



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