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## Tomato Basil Layered Salad ♦♦

This tomato basil layered salad is a refreshing and flavorful dish that combines the freshness of tomatoes with the aromatic basil. It is perfect for summer gatherings and can be enjoyed as a side dish or a light meal. The layers of tomatoes, basil, and other ingredients create a beautiful presentation that will impress your guests.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Tomatoes
50 g	basil leaves
50 g	red onion
200 g	mozzarella cheese
30 g	olive oil

30 ml	balsamic vinegar
5 g	Salt
2 g	Pepper

## Directions

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### Step 1

Cut

Slice the tomatoes and mozzarella cheese into thin slices.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Thinly slice the red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Layering

Layer the tomato slices, basil leaves, mozzarella cheese slices, and red onion slices in a serving dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Drizzle olive oil and balsamic vinegar over the salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Season with salt and pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 8 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	5 mcg	33.33%	33.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Thanksgiving

## Cuisines

Italian

Chinese

Mediterranean

Spanish

American

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

Oven

## Course

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

Thanksgiving

Christmas

## Cost

Under \$10

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet    TLC Diet (Therapeutic Lifestyle Changes)    Nordic Diet

Okinawa Diet    Alkaline Diet    Macrobiotic Diet    Intermittent Fasting    5:2 Diet

16:8 Diet    Warrior Diet    OMAD (One Meal a Day) Diet    Body for Life Diet

Low FODMAP Diet    Slow Carb Diet    Vegetarian Diet    Vegan Diet

Raw Food Diet    Pescatarian Diet    Ovo-Vegetarian Diet    Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet    Fruitarian Diet    Engine 2 Diet    Blood Type Diet

Ayurvedic Diet    Traditional Chinese Medicine (TCM) Diet    Anti-Inflammatory Diet

The Acid Reflux Diet    Gluten-Free Diet    Low Glycemic Index Diet

Low Sodium Diet    The Fast Metabolism Diet    Nutrient Timing Diet

The 80/10/10 Diet    The Gerson Therapy    The Swiss Secret Diet

The Scarsdale Diet    The Cabbage Soup Diet    The Hallelujah Diet

The Mayo Clinic Diet    The Beverly Hills Diet    The Hollywood Diet

The Lemonade Diet    The Grapefruit Diet    The Rice Diet

The Sleeping Beauty Diet    The Baby Food Diet    The 3-Hour Diet

The French Women Don't Get Fat Diet    The Cookie Diet    The F-Plan Diet

The Israeli Army Diet    The Air Diet    The Breatharian Diet    The Werewolf Diet

The Five-Bite Diet    The Negative Calorie Diet    The Ice Cream Diet

The Master Cleanse Diet    The Subway Diet    The SlimFast Diet

The Cambridge Diet    The Shangri-La Diet    The Best Life Diet    The 3-Day Diet

The CICO (Calories In, Calories Out) Diet    The Eat-Clean Diet

The Peanut Butter Diet    The Bulletproof Diet    The Carnivore Diet

The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet

The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet

The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet

The Hypothyroidism Diet    The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet

The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet

The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet

The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet

The Fructose Malabsorption Diet    The Low-Histamine Diet



The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet

The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet

The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet

The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet

The Bipolar Disorder Diet    The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet

Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

### **Cooking Method**

Grilling    Boiling    Sautéing    Serving    Cooking    None    Stir-frying    Mashing

Preheating    Sprinkling    Heating    Refrigerating    Preparation    Cooling

Oven

### **Meal Type**

Lunch    Dinner    Snack

### **Difficulty Level**

Medium

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