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Peach Caprese Salad ••

Peach Caprese Salad is a refreshing and delicious vegetarian salad that combines the sweetness of peaches with the savory flavors of mozzarella and basil. It is a perfect summer dish and can be enjoyed as a light lunch or a side dish for dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	peaches
200 g	mozzarella
20 g	Basil
2 tbsp	olive oil
2 tbsp	balsamic vinegar

1 tsp salt

1 tsp black pepper

Directions

Step 1

Cut

Slice the peaches and mozzarella into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Plating

Arrange the peach and mozzarella slices on a serving plate, alternating between the two.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Sprinkling

Sprinkle the basil leaves over the peach and mozzarella slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

Drizzle the olive oil and balsamic vinegar 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: 150 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	8 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	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Fall

Events

Thanksgiving

Wedding

Barbecue

Cuisines

Italian

Thai

Mediterranean

Spanish

American

Middle Eastern

Nutritional Content

Low Calorie

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

St. Patrick's Day

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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