



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Caprese Corn Lunch Salad ♦

A refreshing and healthy salad that combines the flavors of caprese and corn. It's perfect for a light lunch or as a side dish.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 5 mins

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	corn
250 g	Cherry Tomatoes
150 g	mozzarella cheese
20 g	basil leaves
30 ml	olive oil
30 ml	balsamic vinegar

5 g	Salt
2 g	Black pepper

## Directions

---

### Step 1

Boiling

Boil the corn until tender. Drain and let it cool.

**Prep Time:** 10 mins

**Cook Time:** 5 mins

---

### Step 2

Cutting

Cut the cherry tomatoes in half.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Cutting

Slice the mozzarella cheese into small cubes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Cutting

Chop the basil leaves.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

Mixing

In a large bowl, combine the corn, cherry tomatoes, mozzarella cheese, and basil leaves.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

Mixing

Drizzle with olive oil and balsamic vinegar. Season with salt and black pepper. Toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

## Serving

Serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 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	15 g	53.57%	60%
Cholesterol	25 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving New Year

### Cuisines

Italian French Spanish American Middle Eastern

### Nutritional Content

Low Calorie Low Fat High Fiber Sugar-Free

## **Kitchen Tools**

Blender

## **Course**

Salads

Snacks

Sauces & Dressings

## **Cultural**

Chinese New Year

Christmas

Halloween

## **Meal Type**

Lunch

## **Difficulty Level**

Medium

Visit our website: [healthdor.com](https://healthdor.com)