



Strawberry, Tomato & Mozzarella Salad

2 servings

5 minutes

Ingredients

- 1 Tomato (large, sliced)
- 192 grams Strawberries (chopped)
- 58 grams Mozzarella Ball (torn into pieces)
- 11 grams Basil Leaves
- 2 grams Sea Salt
- 15 milliliters Extra Virgin Olive Oil
- 22 milliliters Balsamic Vinegar

Nutrition

Amount per serving	
Calories	198
Fat	14g
Saturated	5g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	8g
Cholesterol	23mg
Sodium	464mg
Potassium	316mg
Vitamin A	1319IU
Vitamin C	66mg
Calcium	178mg
Iron	1mg
Vitamin D	5IU
Vitamin E	1mg
Vitamin K	29µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	45µg

Directions

- 1 Arrange the tomato slices, strawberries, mozzarella cheese, and basil leaves onto a serving plate.
- 2 Season with salt. Drizzle with oil and balsamic vinegar. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/3 cups.

More Flavor: Add toasted bread and/or prosciutto.



Vitamin B12	0.7µg
Phosphorous	148mg
Magnesium	28mg
Zinc	1mg
Selenium	6µg