

Tomato Salad Caprese | Florence, Italy

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/florence-italy-lasagna-recipe>

Ingredients:

- 8 fresh tomatoes depending on the size and how much you plan to serve
- 8 ounces fresh mozzarella cheese
- 1 handful fresh basil leaves
- 2 tablespoons basil pesto preferably homemade, see recipe here
- 4 tablespoons extra-virgin olive oil
- salt
- pepper
- balsamic vinegar High quality, optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 45 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 9 grams
8. Sodium: 570 milligrams
9. Sugar: 9 grams

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