

Simple Caprese Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-caprese-salad-recipe>

Ingredients:

- 2 tomatoes large, ripe, sliced thick
- 1/2 pound fresh mozzarella about 2 medium balls, sliced thick
- 12 leaves basil fresh, washed
- extra virgin olive oil about 2 tablespoons, for drizzling
- coarse salt
- freshly ground pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 45 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams

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