

Caprese Salad

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 packets tapioca Maltodextrin, These totaled about 3/4 of an ounce.
- olive oil your choice, I used a garlic olive oil
- arugula
- tomatoes Variety of
- basil
- basil Paste
- mozzarella balls Marinated
- balsamic vinegar Good
- pine nuts
- crumbs Olive Oil
- sea salt
- pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 5 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 2 grams

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