



Burrata Cheese With Asparagus

READY IN



30 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons golden raisins
- 8 ounces asparagus
- 2 tablespoons pinenuts
- 0.5 cup olive oil extra virgin extra-virgin
- 6 saffron threads ()
- 1 serving cracked wheat black
- 0.3 cup breadcrumbs fresh
- 12 ounce burrata cheese
- 4 slices pancetta ()

Equipment

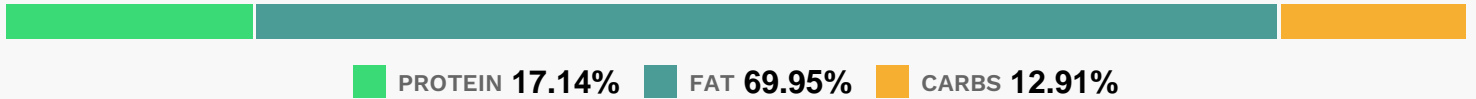
- bowl
- frying pan
- pot

Directions

- Soak the raisins
- In a small bowl, soak the golden raisins or sultanas in enough warm water to cover for at least 5 minutes.
- Drain the plumped fruit and pat dry.
- Trim and cook the asparagus
- Cut the woody ends off the asparagus spears and discard. Fill a large bowl halfway with ice water. Bring a pot filled with plenty of salted water to a boil. Plunge the asparagus into the boiling water and cook just until the spears are tender and barely beginning to give when pinched where the tip begins, 2 to 4 minutes, depending on the thickness of the spears. Be careful to not overcook the asparagus.
- Plunge the asparagus into the ice water to stop the cooking.
- Drain the asparagus and pat thoroughly dry.
- Cut the asparagus on the angle into pieces roughly resembling penne pasta.
- Toast the pine nuts
- In a large, dry skillet over low heat, warm the pine nuts until lightly toasted and fragrant, shaking the pan occasionally. Tip the pine nuts onto a plate to cool.
- Toast the bread crumbs
- Return the skillet to medium heat, pour in 1/4 cup oil, and wait until the oil is hot but not smoking.
- Add the bread crumbs and cook, shaking the pan vigorously, until the crumbs are light golden and crisp, about 1 minute.
- Transfer the crisped bread crumbs to a plate to cool.
- Assemble the burrata with asparagus

- In a large bowl, combine the drained plumped fruit, the asparagus, pine nuts, saffron, if using, and 2 tablespoons olive oil. Season with salt and freshly cracked black pepper.
- Cut each burrata ball in half and place one half on each of 4 plates, cut side down. Strew the asparagus mixture on top of the burrata, sprinkle with the crisped bread crumbs, and drizzle with the remaining olive oil. If desired, drape each salad with a thin slice prosciutto di Parma.
- Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:11.294347864778%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 389.13kcal (19.46%), Fat: 33.73g (51.9%), Saturated Fat: 14.08g (87.98%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 12g (4.36%), Sugar: 6.1g (6.78%), Cholesterol: 65.66mg (21.89%), Sodium: 104.72mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.19%), Calcium: 482.03mg (48.2%), Manganese: 0.64mg (31.85%), Vitamin K: 30.24µg (28.8%), Vitamin A: 1028.79IU (20.58%), Vitamin E: 1.93mg (12.89%), Vitamin B1: 0.19mg (12.49%), Iron: 2.03mg (11.28%), Copper: 0.22mg (11.06%), Folate: 38.7µg (9.68%), Phosphorus: 90.57mg (9.06%), Vitamin B2: 0.14mg (8.21%), Vitamin B3: 1.63mg (8.15%), Fiber: 2.01g (8.05%), Magnesium: 27.17mg (6.79%), Selenium: 4.7µg (6.72%), Potassium: 231.76mg (6.62%), Zinc: 0.85mg (5.64%), Vitamin B6: 0.11mg (5.54%), Vitamin C: 3.52mg (4.26%), Vitamin B5: 0.26mg (2.63%), Vitamin B12: 0.06µg (1.06%)