



Burrata with Fuyu Persimmons, Pomegranate and Mint



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

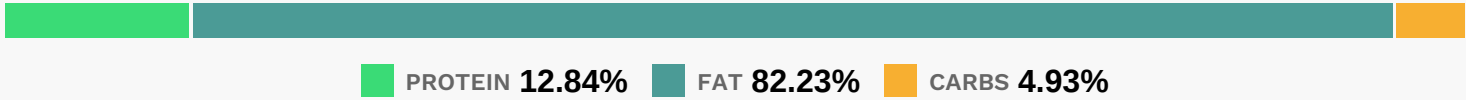
- ☐ 8 oz burrata cheese fresh
- ☐ 1 leaves mint as garnish
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 cup pomegranate seeds

Equipment

Directions

- ☐ Carefully break the burrata open and spread it out on a serving plate. Top it with the pomegranate seeds and diced persimmons.
- ☐ Drizzle with olive oil and give it a good grind of black pepper if you like.
- ☐ Garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:3.5604347819867%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 282.53kcal (14.13%), Fat: 28.41g (43.71%), Saturated Fat: 9.89g (61.84%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.01g (1.1%), Sugar: 2.81g (3.12%), Cholesterol: 40.26mg (13.42%), Sodium: 0.9mg (0.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Calcium: 302.73mg (30.27%), Vitamin E: 2.14mg (14.26%), Vitamin K: 11.79µg (11.23%), Vitamin A: 397.42IU (7.95%), Fiber: 0.82g (3.28%), Vitamin C: 2.1mg (2.54%), Folate: 7.8µg (1.95%), Copper: 0.03mg (1.62%), Potassium: 48.59mg (1.39%), Manganese: 0.02mg (1.23%)