



Burrata with Heirloom Tomatoes from 'Di Bruno Bros. House of Cheese

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



791 kcal

SIDE DISH

Ingredients

- 0.8 cup balsamic vinegar
- 8 basil sliced into ribbons
- 2 burrata cheese
- 2 garlic clove minced
- 1 pound heirloom tomatoes halved cut into bite-size pieces (or 2 cups cherry tomatoes)
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 loaf bread crumbs italian thick toasted cut in slices and grilled or

4 servings salt and pepper freshly ground

Equipment

frying pan

cutting board

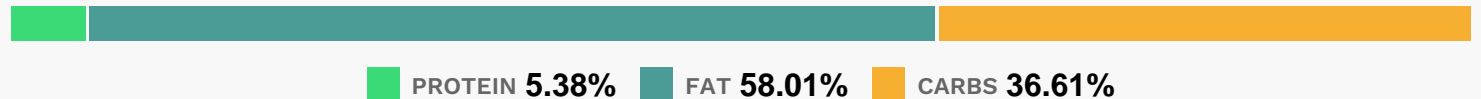
Directions

Toss the tomatoes with the basil and balsamic. While they sit, make a quick garlic oil—just heat the olive oil in a frying pan over medium-high heat for about a minute, then add the minced garlic. You don't want it to brown, so as soon as the garlic begins to sizzle, remove the pan from the burner.

Pour the hot garlic oil over the tomatoes and season with salt and pepper. Arrange the tomato mixture on four plates, and slice the burrata vertically in half. There's cream inside, so make sure you do this on a cutting board or plate. Arrange the halved burrata on top of the tomatoes.

Serve with thick slices of grilled or toasted bread.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:5.38, Inflammation Score:-7, Nutrition Score:10.676086931125%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 790.91kcal (39.55%), Fat: 50.84g (78.22%), Saturated Fat: 23.3g (145.6%), Carbohydrates: 72.19g (24.06%), Net Carbohydrates: 66.82g (24.3%), Sugar: 45.14g (50.16%), Cholesterol: 0.35mg (0.12%), Sodium: 631.11mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Vitamin B3: 5.79mg (28.94%), Folate: 88.95µg (22.24%), Fiber: 5.37g (21.48%), Vitamin A: 990.44IU (19.81%), Vitamin C: 16.15mg

(19.57%), Vitamin K: 18.63µg (17.74%), Iron: 3.14mg (17.44%), Potassium: 576.58mg (16.47%), Vitamin E: 2.13mg (14.21%), Vitamin B1: 0.2mg (13.59%), Manganese: 0.23mg (11.33%), Magnesium: 38.36mg (9.59%), Phosphorus: 80.95mg (8.09%), Vitamin B2: 0.13mg (7.4%), Vitamin B6: 0.11mg (5.53%), Copper: 0.09mg (4.35%), Zinc: 0.48mg (3.21%), Calcium: 31.26mg (3.13%), Vitamin B5: 0.11mg (1.12%)