



Cook the Book: Burnt Ricotta Salata, Tomatoes, and Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces cherry tomatoes cut in half
- ☐ 6 servings coarse salt
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 cup kalamata olives
- ☐ 0.5 cup oregano fresh
- ☐ 2 small to 5 chillies red
- ☐ 0.3 teaspoon pepper crushed

- ☐ 3 tablespoons red wine vinegar
- ☐ 10 ounces pecorino
- ☐ 1 teaspoon sugar

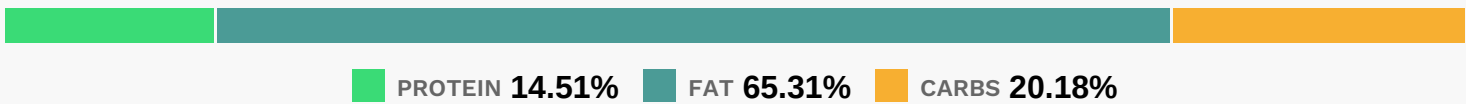
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk together the sugar, red wine vinegar, 3 tablespoons of the olive oil, and the oregano in a bowl.
- ☐ Add the tomatoes and toss to coat.
- ☐ Smash the olives with the side of a heavy knife and tear them open, removing the pits. Toss the olives and tomatoes together on a serving platter.
- ☐ Break the ricotta salata into rough 1-inch pieces and place in a bowl. Halve the chiles, remove the seeds, and cut lengthwise into thin slices.
- ☐ Add the ricotta and toss with the remaining 5 tablespoons olive oil.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:10.859565263209%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 177.7kcal (8.88%), Fat: 13.49g (20.75%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 6.28g (2.29%), Sugar: 3.29g (3.66%), Cholesterol: 24.1mg (8.03%), Sodium: 595.11mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Vitamin C: 34.61mg (41.95%), Vitamin K: 31.65µg (30.14%), Calcium: 182.61mg (18.26%), Vitamin E: 2.61mg (17.41%), Vitamin A: 811.49IU (16.23%), Manganese: 0.3mg (14.77%), Iron: 2.37mg (13.18%), Fiber: 3.09g (12.37%), Selenium: 7.61µg (10.88%), Phosphorus: 104.65mg (10.46%), Vitamin B6: 0.19mg (9.57%), Vitamin B2: 0.14mg (8.3%), Potassium: 286mg (8.17%), Magnesium: 27.45mg (6.86%), Folate: 26.67µg (6.67%), Copper: 0.13mg (6.29%), Zinc: 0.79mg (5.26%), Vitamin B3: 0.79mg (3.93%), Vitamin B1: 0.05mg (3.29%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.25mg (2.47%)