



## Crispy Pancetta, Burrata, and Tomato Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups baby arugula mixed ()
- 0.5 cup basil fresh packed ()
- 6 servings pepper black freshly ground
- 18 ounces burrata cheese
- 0.5 teaspoon kosher salt
- 48 egg bread loaf - crusts lightly toasted
- 6 tablespoons olive oil extra virgin extra-virgin
- 2 teaspoons oregano dried

- 12 ounce pancetta italian thinly sliced ( bacon)
- 18 inch heirloom tomatoes red ripe

## Equipment

- frying pan
- paper towels
- baking pan

## Directions

- Working in batches, cook pancetta in heavy large skillet over medium heat until brown and crisp, about 6 minutes per batch.
- Transfer to paper towels to drain. DO AHEAD Can be made 2 hours ahead.
- Let stand at room temperature.
- Place tomato slices in shallow baking dish.
- Add basil, olive oil, oregano, and fleur de sel.
- Sprinkle with ground black pepper and turn to coat.
- Let stand at least 30 minutes and up to 1 hour.
- Place 6 toasted bread slices on work surface. Divide burrata among bread slices and spread to edges. Top each with 1 tomato slice, then pancetta slices, dividing equally. Top with arugula. Cover with remaining 6 toasted bread slices, and press each slightly to adhere.
- Cut each sandwich in half and serve.

## Nutrition Facts

 PROTEIN 14.3%  FAT 82.01%  CARBS 3.69%

## Properties

Glycemic Index:29.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:11.062608739604%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:

0.02mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 602.96kcal (30.15%), Fat: 58.39g (89.84%), Saturated Fat: 21.53g (134.57%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.08g (1.85%), Sugar: 0.65g (0.72%), Cholesterol: 101.89mg (33.96%), Sodium: 604.07mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.84%), Calcium: 498.02mg (49.8%), Vitamin K: 36.24µg (34.52%), Vitamin A: 1130.46IU (22.61%), Selenium: 13.89µg (19.84%), Vitamin E: 2.52mg (16.79%), Vitamin B3: 2.8mg (14.02%), Vitamin B1: 0.2mg (13.48%), Phosphorus: 101.15mg (10.12%), Vitamin B6: 0.18mg (9.11%), Manganese: 0.17mg (8.36%), Folate: 25.43µg (6.36%), Iron: 1.09mg (6.05%), Potassium: 204.53mg (5.84%), Vitamin B2: 0.1mg (5.82%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.29µg (4.86%), Magnesium: 18.68mg (4.67%), Vitamin B5: 0.41mg (4.14%), Vitamin C: 3.42mg (4.14%), Fiber: 0.83g (3.32%), Copper: 0.06mg (3.24%), Vitamin D: 0.26µg (1.73%)