



WHATSheATE



Fig Brulee with Burrata Cheese



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients



4 ounces burrata cheese



1 tablespoon little demerara sugar



6 servings olive oil extra virgin



6 figs fresh halved



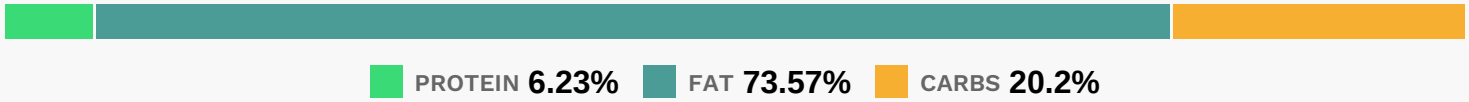
6 servings sea salt and ground pepper black to taste

Equipment

Directions

- ☐ Place figs on a flame-proof surface or plate and sprinkle flesh-sides with Demerara sugar. Using a kitchen torch set to a medium-high flame, melt the sugar by making short, even passes over the top of the sugar. Continue melting the sugar until it bubbles and turns dark brown, about 30 seconds.
- ☐ Place Burrata cheese on a plate.
- ☐ Drizzle with olive oil, sprinkle with a pinch of sea salt and black pepper.
- ☐ Place bruleed figs around cheese and serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:3.0900000398574%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 216.24kcal (10.81%), Fat: 18.88g (29.04%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 10.18g (3.7%), Sugar: 10.13g (11.26%), Cholesterol: 13.42mg (4.47%), Sodium: 0.86mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin E: 2.07mg (13.81%), Calcium: 118.49mg (11.85%), Vitamin K: 10.94µg (10.42%), Fiber: 1.48g (5.9%), Vitamin A: 203.84IU (4.08%), Manganese: 0.08mg (3.88%), Potassium: 118.05mg (3.37%), Vitamin B6: 0.06mg (2.84%), Magnesium: 8.71mg (2.18%), Vitamin B1: 0.03mg (2.01%), Copper: 0.04mg (1.83%), Iron: 0.28mg (1.56%), Vitamin B5: 0.15mg (1.51%), Vitamin B2: 0.03mg (1.48%), Vitamin C: 1mg (1.21%), Vitamin B3: 0.2mg (1.01%)