



WHATSheATE



Grilled Apricots with Burrata, Country Ham and Arugula

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon aged balsamic vinegar
- ☐ 1.3 pounds apricots pitted halved
- ☐ 5 ounces baby arugula
- ☐ 0.5 pound burrata cheese shredded
- ☐ 4 ounces country ham shaved
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing

- ☐ 1 small head radicchio thinly cored thinly sliced
- ☐ 30 servings sea salt and pepper freshly ground

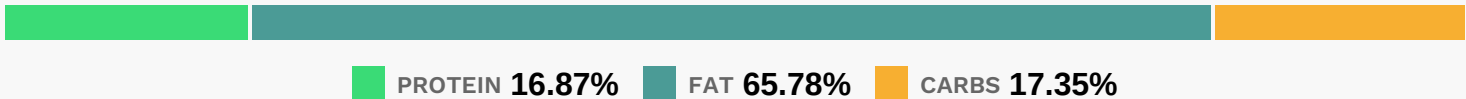
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the apricots with oil and season with salt and pepper. Grill over high heat, cut sides down, just until lightly charred, 5 minutes.
- ☐ Let cool.
- ☐ In a bowl, whisk the lemon juice with the 1/4 cup of oil and season with salt and pepper. Gently toss in the apricots, radicchio and arugula.
- ☐ Transfer to a platter and top with the burrata, ham and vinegar.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:2.9613043316033%

Flavonoids

Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 56.03kcal (2.8%), Fat: 4.44g (6.84%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.97g (2.19%), Cholesterol: 7.71mg (2.57%), Sodium: 241.39mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin K: 19.61µg (18.67%), Vitamin A: 530.44IU (10.61%), Calcium: 51.63mg (5.16%), Vitamin C: 3.29mg (3.99%), Vitamin E: 0.58mg (3.84%), Potassium: 93.72mg (2.68%), Folate: 9.55µg (2.39%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.5g (2%), Copper: 0.04mg (1.95%), Manganese: 0.04mg (1.92%), Phosphorus: 17.05mg (1.71%), Vitamin B6: 0.03mg (1.56%), Vitamin B3: 0.31mg (1.55%), Magnesium: 5.59mg (1.4%), Selenium: 0.94µg (1.34%), Vitamin B2: 0.02mg (1.26%), Iron: 0.22mg (1.22%), Zinc: 0.18mg (1.2%)