



Heirloom Tomato and Burrata Cheese Salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup torn basil leaves plus additional leaves fresh whole for garnish
- ☐ 4 servings pepper black freshly ground
- ☐ 10 ounce rounds burrata cheese
- ☐ 4 servings coarse kosher salt
- ☐ 2.5 pounds heirloom tomatoes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon oregano dried

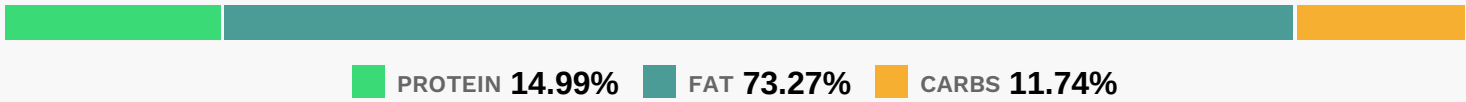
Equipment

☐ bowl

Directions

- ☐ Cut tomatoes into wedges and place in large bowl.
- ☐ Sprinkle with fleur de sel and pepper. Crush oregano between palms to release flavor; add to tomatoes.
- ☐ Add 1/4 cup basil and olive oil and mix well.
- ☐ Let stand at room temperature at least 30 minutes and up to 1 hour, stirring occasionally.
- ☐ Place 1 burrata cheese round in center of each plate. Fan tomatoes around cheese, dividing equally.
- ☐ Drizzle with dressing from bowl.
- ☐ Garnish with additional basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:14.840869335539%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 349.47kcal (17.47%), Fat: 31.82g (48.95%), Saturated Fat: 11.87g (74.22%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 7.81g (2.84%), Sugar: 7.48g (8.31%), Cholesterol: 50.32mg (16.77%), Sodium: 208.44mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Vitamin A: 2945.81IU (58.92%), Vitamin C: 39.12mg (47.42%), Calcium: 415.32mg (41.53%), Vitamin K: 40.02µg (38.11%), Vitamin E: 3.58mg (23.86%), Potassium: 684.11mg (19.55%), Manganese: 0.38mg (18.93%), Fiber: 3.66g (14.65%), Vitamin B6: 0.23mg (11.73%), Folate: 44.75µg (11.19%), Copper: 0.18mg (8.88%), Vitamin B3: 1.72mg (8.61%), Magnesium: 33.67mg (8.42%), Vitamin B1: 0.11mg (7.09%), Phosphorus: 69.78mg (6.98%), Iron: 1.08mg (6.02%), Vitamin B2: 0.06mg (3.4%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.26mg (2.61%)