



Heirloom Tomato Salad with Fresh Burrata Cheese and Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



807 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups firmly baby arugula packed
- ☐ 6 tablespoons balsamic vinaigrette white
- ☐ 2.5 cups accompaniment: crostini sliced
- ☐ 24 flat-leaf parsley leaves
- ☐ 8 large basil leaves fresh
- ☐ 12 ounces mozzarella cheese fresh sliced
- ☐ 20 grape tomatoes

- ☐ 5 inch heirloom tomatoes ripe (5 tomatoes)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 teaspoons shallots thinly sliced

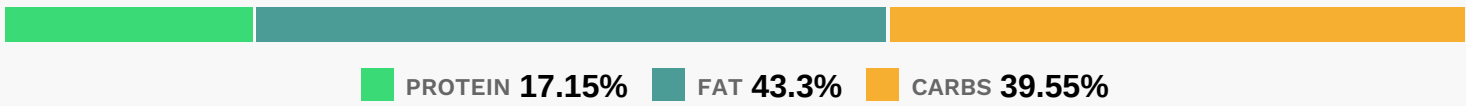
Equipment

- ☐ bowl

Directions

- ☐ Arrange tomato slices in a circular pattern on 4 individual salad plates.
- ☐ Combine arugula and next 5 ingredients in a large bowl.
- ☐ Drizzle White Balsamic Vinaigrette over greens, and toss well.
- ☐ Top tomato slices evenly with greens mixture; arrange burrata cheese slices on top of greens.
- ☐ Add cherry tomatoes.
- ☐ Drizzle about 1 1/2 teaspoons olive oil over each salad, and sprinkle with pepper.
- ☐ *You may substitute large restaurant-style croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:92.69, Glycemic Load:50.5, Inflammation Score:-9, Nutrition Score:34.316521955573%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 807.47kcal (40.37%), Fat: 38.66g (59.48%), Saturated Fat: 13.76g (85.98%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 74.67g (27.15%), Sugar: 11.5g (12.78%), Cholesterol: 67.19mg (22.4%), Sodium:

1663.18mg (72.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.89%), Vitamin K: 141.31µg (134.58%), Calcium: 638.88mg (63.89%), Vitamin B1: 0.93mg (62.29%), Selenium: 39.99µg (57.13%), Folate: 207.16µg (51.79%), Phosphorus: 478.43mg (47.84%), Vitamin A: 2332.43IU (46.65%), Manganese: 0.92mg (45.85%), Vitamin B2: 0.76mg (44.49%), Vitamin B3: 7.48mg (37.39%), Iron: 6.48mg (35.99%), Vitamin B12: 1.94µg (32.32%), Vitamin C: 23.36mg (28.32%), Zinc: 3.98mg (26.5%), Magnesium: 78.7mg (19.68%), Fiber: 4.79g (19.16%), Potassium: 574.78mg (16.42%), Vitamin E: 2.21mg (14.76%), Vitamin B6: 0.28mg (14.21%), Copper: 0.27mg (13.55%), Vitamin B5: 0.88mg (8.78%), Vitamin D: 0.34µg (2.27%)