



Parmesan-baked ricotta with tomato, olive & basil salad

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g ricotta cheese
- ☐ 2 eggs
- ☐ 100 g parmesan finely grated (or vegetarian alternative)
- ☐ 4 large tomatoes good
- ☐ 1 handful olives black
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp olive oil extra virgin extra-virgin

- ☐ 1 tbsp red wine vinegar
- ☐ 0.3 tsp sugar
- ☐ 1 garlic clove crushed
- ☐ 1 small bunch basil

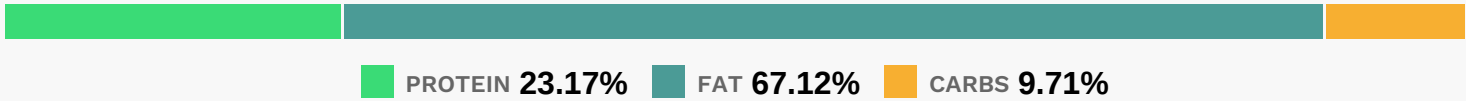
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Beat the ricotta and eggs together, fold in most of the Parmesan, then season to taste. Line a 900g/2lb loaf tin with parchment, then scoop the ricotta into the tin. Level the top, scatter with the remaining cheese, then bake for 35 mins or until set and golden.
- ☐ Let cool, then turn it out. You can do this a day ahead.
- ☐ Slice the tomatoes fairly thickly, then very roughly chop the olives.
- ☐ Whisk the olive oils, vinegar, sugar, garlic, olives and seasoning together. Just before you serve, roughly chop a few of the basil leaves and stir most into the dressing.
- ☐ To serve, slice the ricotta and put onto plates. Toss the tomatoes with most of the basil and a little dressing.
- ☐ Serve alongside the ricotta, drizzle dressing over and scatter with remaining basil.

Nutrition Facts



Properties

Glycemic Index:43.68, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:15.618260901907%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 394.56kcal (19.73%), Fat: 29.69g (45.68%), Saturated Fat: 14.63g (91.45%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.07g (2.94%), Sugar: 3.92g (4.35%), Cholesterol: 129.64mg (43.21%), Sodium: 451.37mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Calcium: 481.65mg (48.16%), Selenium: 26.48µg (37.83%), Phosphorus: 373.17mg (37.32%), Vitamin A: 1859.8IU (37.2%), Vitamin B2: 0.39mg (23%), Vitamin C: 17.03mg (20.64%), Vitamin K: 21.09µg (20.09%), Zinc: 2.32mg (15.48%), Vitamin E: 2.13mg (14.2%), Potassium: 462.76mg (13.22%), Vitamin B12: 0.76µg (12.59%), Folate: 42.28µg (10.57%), Vitamin B6: 0.2mg (10.01%), Magnesium: 37.63mg (9.41%), Manganese: 0.18mg (8.9%), Iron: 1.31mg (7.3%), Vitamin B5: 0.68mg (6.81%), Fiber: 1.6g (6.39%), Copper: 0.12mg (6.23%), Vitamin B1: 0.08mg (5.04%), Vitamin B3: 0.93mg (4.65%), Vitamin D: 0.63µg (4.18%)