



Peach Brulee & Burrata Bruschetta

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces burrata cheese
- ☐ 1 teaspoon herbs de provence
- ☐ 12 slices bread italian toasted
- ☐ 1 large freestone peach fresh cut into 12 slices
- ☐ 1 teaspoon sea salt
- ☐ 2 tablespoons sugar

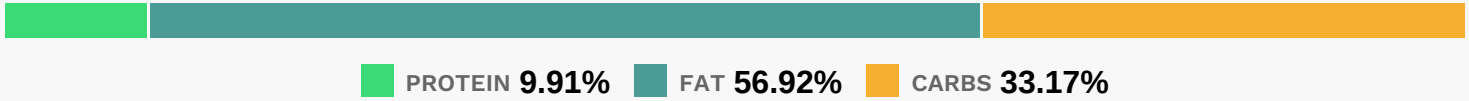
Equipment

- ☐ bowl

Directions

- ☐ Stir together herbes de Provence and sea salt in a small bowl. Set aside.
- ☐ Top each slice toasted bread with a generous spread of Burrata cheese.
- ☐ Sprinkle cheese with a pinch of the herbes de Provence sea salt mixture. Set aside.
- ☐ Lay peach slices flat in a single layer on a flame-proof surface or plate. Lightly sprinkle each slice with turbinado sugar. Using a kitchen torch set to a medium-low 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 peach slice on each piece of toast and serve.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:1.7408695862345%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 161.37kcal (8.07%), Fat: 10.65g (16.38%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.01g (4.73%), Sugar: 9.39g (10.43%), Cholesterol: 10.06mg (3.35%), Sodium: 269.99mg (11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Calcium: 77.64mg (7.76%), Vitamin B3: 1.02mg (5.11%), Fiber: 0.95g (3.8%), Folate: 13.7µg (3.43%), Iron: 0.58mg (3.23%), Vitamin A: 149.93IU (3%), Vitamin B1: 0.03mg (2.13%), Potassium: 62.49mg (1.79%), Vitamin K: 1.87µg (1.78%), Vitamin B2: 0.02mg (1.34%), Magnesium: 4.8mg (1.2%), Phosphorus: 10.8mg (1.08%)