



Toasted Bread with Burrata and Arugula

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

Ingredients

- ☐ 1.5 cups baby arugula ()
- ☐ 8 ounce burrata cheese cut into 12 wedges
- ☐ 12 inch ciabatta bread halved
- ☐ 2 garlic clove peeled halved
- ☐ 1 lemon zest finely grated
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided ()

Equipment

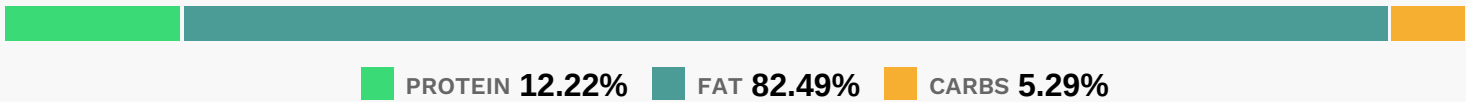
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Finely grated peel from 1 lemon
- ☐ Preheat oven to 400°F. Fill small bowlwith water.
- ☐ Place bread halves, cut sideup, on baking sheet; brush bread with 2tablespoons olive oil. Toast bread in ovenuntil crisp and light golden around edges,about 15 minutes.
- ☐ Remove from oven.Lightly brush each bread half with water(do not soak). Rub cut sides of bread halveswith cut sides of garlic halves.
- ☐ Place 2 bread halves, cut side up, oneach of 6 plates.
- ☐ Drizzle each bread halflightly with olive oil. Top each half with1 burrata wedge; sprinkle with salt andfreshly ground black pepper and drizzlelightly with olive oil. Toss arugula with 1tablespoon olive oil in small bowl; sprinklewith salt and freshly ground black pepper.Mound arugula salad atop burrata oneach bread half; sprinkle each with gratedlemon peel and serve.
- ☐ * A soft, fresh Italian cheese made frommozzarella and cream; available at somesupermarkets and at specialty foodsstores and Italian markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.804347783975%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 212.47kcal (10.62%), Fat: 21.19g (32.6%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.79g (1.02%), Sugar: 0.15g (0.17%), Cholesterol: 26.84mg (8.95%), Sodium: 26.71mg (1.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Calcium: 211.6mg (21.16%), Vitamin K: 12.49µg (11.9%), Vitamin E: 1.7mg (11.37%), Vitamin A: 383.84IU (7.68%), Vitamin C: 2.35mg (2.85%), Manganese: 0.03mg (1.64%), Folate: 5.01µg (1.25%), Fiber: 0.26g (1.05%)