



Tomatoes with Burrata

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 1 pound burrata cheese
- ☐ 3 clove garlic cloves minced peeled
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 unknown very olive oil good plus more for drizzling
- ☐ 0.3 pinch parmigiano-reggiano grated
- ☐ 0.3 unknown parsley italian

- ☐ 3 tablespoon pinenuts
- ☐ 6 servings salt and pepper
- ☐ 1 pound tomatoes assorted

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mortar and pestle

Directions

- ☐ PESTO SAUCE
- ☐ Heat the oven to 325 degrees.
- ☐ Spread pine nuts on a baking sheet and toast in the oven for 8 to 10 minutes, until lightly browned.
- ☐ Let cool.
- ☐ Using a mortar and pestle, pulverize the pine nuts, garlic, basil, parsley and salt into a smooth paste. Slowly drizzle in the olive oil and add the Parmigiano-Reggiano, mixing well to incorporate. Just before serving, season with lemon juice and additional salt to taste. Set aside. Makes three-fourths cup.
- ☐ SALAD
- ☐ Cut the tomatoes into bite sized pieces. Vary the sizes and shapes according the the shape of each tomato to achieve a lot of variety, some slices, some chunks, small grapes or cherries left whole. Arrange the tomatoes on a serving platter.
- ☐ Sprinkle generously with salt and black pepper.
- ☐ Using a sharp knife make a small x shaped incision on the top of the buratta ball. Gently peel back the skin a bit to expose the soft interior.
- ☐ Place the cheese in the middle of the tomatoes.
- ☐ Drizzle the tomatoes with the reserved pesto, garnish the cheese with more olive oil, salt and pepper and serve immediately.

Nutrition Facts



 PROTEIN 20.66%  FAT 73.15%  CARBS 6.19%

Properties

Glycemic Index:32.83, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:7.7856521455004%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 240.18kcal (12.01%), Fat: 22.59g (34.75%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.15g (1.14%), Sugar: 2.25g (2.5%), Cholesterol: 53.7mg (17.9%), Sodium: 586.26mg (25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.71%), Calcium: 414.58mg (41.46%), Manganese: 0.56mg (28.24%), Vitamin A: 1217.25IU (24.34%), Vitamin C: 12.07mg (14.63%), Vitamin K: 13.58µg (12.93%), Potassium: 220.95mg (6.31%), Vitamin E: 0.9mg (6%), Copper: 0.12mg (5.99%), Magnesium: 22.08mg (5.52%), Phosphorus: 50.26mg (5.03%), Fiber: 1.15g (4.59%), Vitamin B6: 0.09mg (4.33%), Folate: 14.33µg (3.58%), Vitamin B3: 0.69mg (3.46%), Vitamin B1: 0.05mg (3.34%), Zinc: 0.48mg (3.21%), Iron: 0.55mg (3.05%), Vitamin B2: 0.03mg (1.69%)