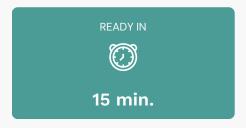
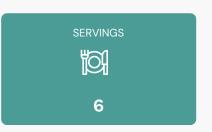
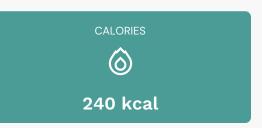


Tomatoes with Burrata

Gluten Free







SIDE DISH

Ingredients

O.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	
Di	rections	
	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	

Nutrition Facts

Properties

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

Flavonoids

Eriodictyol: O.12mg, Eriodictyol: O.12mg, Eriodictyol: O.12mg, Eriodictyol: O.12mg Hesperetin: O.36mg, Hesperetin: O.36mg, Hesperetin: O.36mg, Naringenin: O.55mg, Naringenin: O.55mg, Naringenin: O.55mg, Naringenin: O.55mg, Naringenin: O.09mg, Apigenin: O.09mg, Api

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%)