



Artichoke and Tomato Panzanella

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



674 kcal

SIDE DISH

Ingredients

- ☐ 1 cup olives black pitted halved
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 3 cups cubed bread whole-wheat
- ☐ 0.8 cup basil leaves fresh chopped (1 bunch)
- ☐ 2 cups artichoke hearts frozen thawed
- ☐ 0.7 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.5 teaspoon salt plus more for seasoning
- ☐ 3 large tomatoes red cut into wedges (2 pounds)

☐ 0.3 cup citrus champagne vinegar

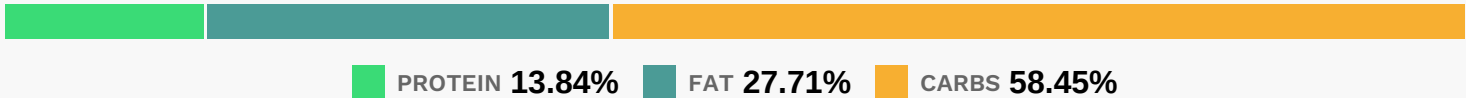
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Drizzle the bread and artichoke hearts with olive oil and season with salt and pepper. Grill the bread and artichokes until golden brown at the edges, about 6 minutes total, turning every 2 to 3 minutes.
- ☐ Remove the bread and artichokes from the grill and transfer to a large bowl.
- ☐ Add the tomatoes, olives and basil to the bowl and toss to combine. In a small bowl, stir together the olive oil, white wine vinegar, 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Drizzle the dressing over the salad. Toss to combine and serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:46.75, Inflammation Score:-9, Nutrition Score:36.970000225565%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 674.43kcal (33.72%), Fat: 21.25g (32.69%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 100.81g (33.6%), Net Carbohydrates: 85.95g (31.26%), Sugar: 13.98g (15.53%), Cholesterol: 0mg (0%), Sodium: 1429.94mg (62.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.88g (47.75%), Manganese: 2.68mg (133.97%), Folate: 325.93µg (81.48%), Selenium: 51.7µg (73.85%), Vitamin B3: 11.9mg (59.5%), Fiber: 14.86g (59.44%), Vitamin B1: 0.86mg (57.23%), Vitamin K: 47.2µg (44.95%), Iron: 8.01mg (44.52%), Vitamin B2: 0.65mg (38.13%), Vitamin A: 1704.63IU (34.09%), Phosphorus: 336.64mg (33.66%), Magnesium: 128.99mg (32.25%), Vitamin C: 26.22mg (31.79%), Calcium: 295.36mg (29.54%), Potassium: 911.5mg (26.04%), Copper: 0.47mg (23.68%), Vitamin E: 3.55mg (23.65%), Vitamin B6: 0.43mg (21.39%), Vitamin B5: 1.83mg (18.25%), Zinc: 2.53mg (16.87%)