



Asparagus and Tomato Panzanella

 Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

498 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh trimmed
- ☐ 0.3 cup capers drained
- ☐ 10 cherry tomatoes halved
- ☐ 3 cups top cubed
- ☐ 1 cucumber english peeled seeded sliced
- ☐ 3 cloves garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 0.8 cup kalamata olives pitted

- ☐ 6 servings kosher salt to taste
- ☐ 0.8 cup mozzarella balls fresh bocconcini
- ☐ 0.3 cup olive oil as needed
- ☐ 1 onion red cut into wedges
- ☐ 0.3 cup red wine vinegar
- ☐ 2 small tomatoes yellow cut into wedges

Equipment

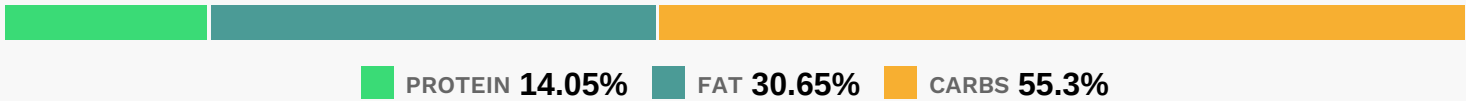
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Toss bread, 1/4 cup olive oil, and garlic in a bowl until coated. Season with salt and black pepper.
- ☐ Transfer mixture to a baking sheet.
- ☐ Bake in the preheated oven until toasted, about 15 minutes, stirring and flipping bread cubes about halfway through. Allow bread to cool.
- ☐ Fill a large bowl with iced water; set aside. Bring a pot of salted water to a boil; cook asparagus in boiling water until bright green and just tender, 2 to 3 minutes.
- ☐ Transfer asparagus to iced water to cool.
- ☐ Drain and dry on a clean towel.
- ☐ Cut asparagus into thirds.
- ☐ Mix asparagus, cucumber, cherry tomatoes, yellow tomatoes, red onion, olives, capers, mozzarella balls, and bread cubes in a large bowl.
- ☐ Whisk red wine vinegar and 1/4 cup extra-virgin olive oil in a small bowl; season with salt and pepper.

Pour vinegar dressing over bread mixture; toss to combine. Allow bread salad to rest for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:48.29, Inflammation Score:-8, Nutrition Score:24.73304342187%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 27.12mg, Quercetin: 27.12mg, Quercetin: 27.12mg, Quercetin: 27.12mg

Nutrients (% of daily need)

Calories: 498.2kcal (24.91%), Fat: 17.39g (26.75%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 70.59g (23.53%), Net Carbohydrates: 64.79g (23.56%), Sugar: 9.34g (10.38%), Cholesterol: 4.5mg (1.5%), Sodium: 1387.64mg (60.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Vitamin B1: 0.99mg (65.88%), Selenium: 36.41µg (52.02%), Folate: 197.82µg (49.46%), Vitamin K: 48.98µg (46.65%), Manganese: 0.88mg (44.06%), Iron: 6.95mg (38.62%), Vitamin B2: 0.65mg (38.39%), Vitamin B3: 6.77mg (33.83%), Fiber: 5.8g (23.2%), Vitamin E: 3.29mg (21.9%), Copper: 0.43mg (21.32%), Phosphorus: 193.54mg (19.35%), Vitamin C: 14.31mg (17.35%), Vitamin A: 840.01IU (16.8%), Magnesium: 64.57mg (16.14%), Calcium: 155.32mg (15.53%), Vitamin B6: 0.29mg (14.29%), Potassium: 475.37mg (13.58%), Zinc: 1.86mg (12.42%), Vitamin B5: 0.81mg (8.07%)