



Baked Panzanella Caprese

 Vegetarian

READY IN



42 min.

SERVINGS



6

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 to 8 country bread white 1/
- ☐ 6 servings butter for greasing baking sheet
- ☐ 0.5 cup basil leaves fresh packed chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 16 ounce mozzarella cheese fresh dry with paper towels sliced into 1/ slices and patted
- ☐ 6 servings olive oil for drizzling

☐ 5 vine-ripened tomatoes cut into 1/ slices

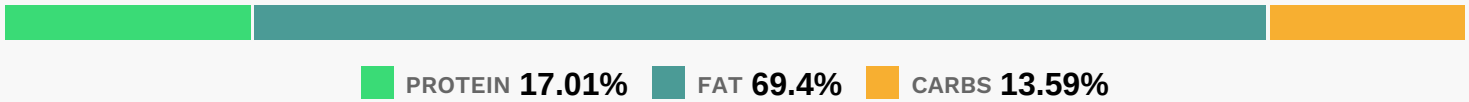
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Butter a 9 by 12-inch rimmed baking sheet. Set aside.
- ☐ Arrange the tomato slices on the bottom of the baking sheet in a single layer.
- ☐ Drizzle with the balsamic vinegar.
- ☐ Lay the cheese slices on top in a single layer.
- ☐ Sprinkle with the garlic and basil and drizzle with olive oil. Season with salt and pepper, to taste. Arrange the bread slices on top and drizzle with olive oil.
- ☐ Bake for 25 minutes until the filling is bubbling and the bread is crisp and golden.
- ☐ Remove the pan from the oven and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:59.28, Glycemic Load:6.83, Inflammation Score:-8, Nutrition Score:15.754347853039%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 462.9kcal (23.14%), Fat: 36.02g (55.42%), Saturated Fat: 14.61g (91.29%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 13.81g (5.02%), Sugar: 5.36g (5.96%), Cholesterol: 70.47mg (23.49%), Sodium: 601.35mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.73%), Calcium: 423.93mg (42.39%), Phosphorus: 321.32mg (32.13%), Vitamin A: 1596.33IU (31.93%), Vitamin B12: 1.73µg (28.87%), Vitamin K: 28.01µg (26.68%), Selenium: 18.43µg (26.33%), Manganese: 0.42mg (21.07%), Vitamin E: 2.88mg (19.22%), Vitamin C: 14.75mg (17.88%), Zinc: 2.61mg (17.42%), Vitamin B2: 0.28mg (16.76%), Potassium: 345.25mg (9.86%), Folate: 38.09µg (9.52%), Vitamin B1: 0.14mg (9.36%), Magnesium: 36.49mg (9.12%), Vitamin B3: 1.76mg (8.8%), Iron: 1.49mg (8.27%), Fiber: 2.06g (8.22%), Vitamin B6: 0.15mg (7.33%), Copper: 0.11mg (5.49%), Vitamin B5: 0.37mg (3.68%), Vitamin D: 0.3µg (2.02%)