



Bell Pepper, Tomato, Cucumber, and Grilled Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 0.5 cup torn basil leaves fresh
- 0.5 teaspoon pepper black freshly ground
- 4 ounce day-old bread country-style
- 1 cucumber english peeled coarsely chopped
- 2 garlic cloves minced
- 0.3 cup olive oil extra-virgin
- 0.8 cup orange bell pepper chopped

- 1 cup onion red finely chopped
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt
- 1.5 pounds tomatoes coarsely chopped
- 0.8 cup bell pepper yellow chopped

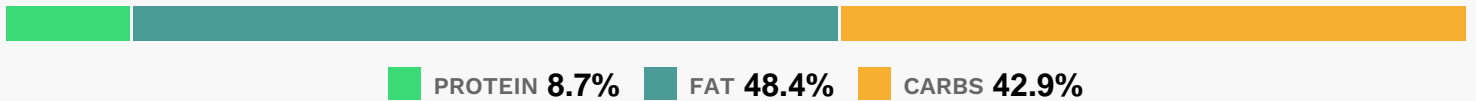
Equipment

- bowl
- whisk
- grill

Directions

- Prepare grill to medium-high heat.
- Place bread slices on grill rack; grill 1 minute on each side or until golden brown with grill marks.
- Remove from grill; tear bread into 1-inch pieces.
- Combine tomatoes, onion, bell peppers, basil, and cucumber in a large bowl.
- Add bread; toss gently.
- Combine vinegar, black pepper, salt, and garlic in a small bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- Drizzle dressing over salad; toss gently to coat. Cover and chill 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:6.89, Inflammation Score:-9, Nutrition Score:14.984348048335%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 184.06kcal (9.2%), Fat: 10.28g (15.82%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 17.04g (6.2%), Sugar: 6.83g (7.59%), Cholesterol: 0mg (0%), Sodium: 196.4mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin C: 77.69mg (94.16%), Vitamin A: 1724.92IU (34.5%), Vitamin K: 33.11µg (31.53%), Manganese: 0.54mg (26.84%), Vitamin E: 2.28mg (15.18%), Potassium: 502.74mg (14.36%), Folate: 56.47µg (14.12%), Fiber: 3.47g (13.9%), Vitamin B6: 0.27mg (13.26%), Vitamin B3: 2.19mg (10.93%), Vitamin B1: 0.16mg (10.9%), Magnesium: 36.08mg (9.02%), Iron: 1.54mg (8.56%), Selenium: 5.96µg (8.51%), Phosphorus: 84.35mg (8.44%), Copper: 0.16mg (8.14%), Vitamin B2: 0.12mg (6.84%), Calcium: 59.29mg (5.93%), Vitamin B5: 0.52mg (5.21%), Zinc: 0.65mg (4.31%)