



Bread Salad

 Vegetarian  Gluten Free

READY IN

ready

12 min.

SERVINGS

servings

6

CALORIES

calories

315 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon capers rinsed
- ☐ 0.5 cucumber halved lengthwise seeded sliced
- ☐ 2 cups garlic and herb croutons
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 small onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 2 medium tomatoes chopped

☐ 1 bell pepper yellow stemmed seeded sliced

Equipment

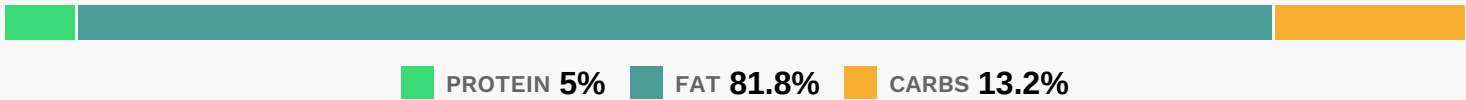
☐ bowl

☐ whisk

Directions

- ☐ In a large bowl, combine tomatoes, bell pepper, cucumber, onion, and capers. In a small bowl, whisk together the vinegar and oil; season, to taste, with salt and pepper.
- ☐ Pour dressing over vegetables and toss thoroughly but gently.
- ☐ Spread croutons in a single layer in a large serving bowl. Spoon vegetables evenly over the croutons and pour any remaining liquid in the bowl over all.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:5.113478306195%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 315.45kcal (15.77%), Fat: 29.99g (46.13%), Saturated Fat: 15.27g (95.42%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.85g (3.58%), Sugar: 1.82g (2.02%), Cholesterol: 81.89mg (27.3%), Sodium: 644.31mg (28.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 43.6mg (52.84%), Vitamin A: 401.22IU (8.02%), Vitamin K: 7.57µg (7.21%), Potassium: 191.09mg (5.46%), Manganese: 0.11mg (5.31%), Vitamin E: 0.76mg (5.07%), Vitamin B6: 0.09mg (4.51%), Folate: 16.85µg (4.21%), Fiber: 1.04g (4.18%), Copper: 0.07mg (3.64%), Magnesium: 11.65mg (2.91%), Phosphorus: 23.44mg (2.34%), Vitamin B3: 0.45mg (2.24%), Vitamin B1: 0.03mg (2.2%), Iron: 0.37mg (2.03%), Vitamin B5: 0.14mg (1.41%), Vitamin B2: 0.02mg (1.37%), Calcium: 13.18mg (1.32%), Zinc: 0.17mg (1.13%)