



Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



396 kcal

SIDE DISH

Ingredients

- 6 slices bread crumbs french italian
- 1.5 cups tomatoes chopped
- 1.3 cups cucumber peeled chopped
- 1 small onion thinly sliced
- 0.3 cup red wine vinegar fat-free
- 2 tablespoons basil dried fresh chopped
- 0.3 teaspoon pepper

Equipment

bowl

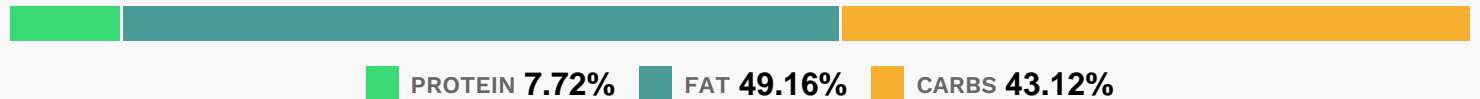
Directions

Tear bread into 1-inch pieces.

Mix bread and remaining ingredients in glass or plastic bowl.

Cover and refrigerate, stirring once, at least 1 hour to blend flavors and soften bread. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:16.202608712341%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 396.41kcal (19.82%), Fat: 21.74g (33.45%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 36.72g (13.35%), Sugar: 24.18g (26.87%), Cholesterol: 0mg (0%), Sodium: 237.53mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin K: 83.94µg (79.95%), Manganese: 0.68mg (33.77%), Iron: 5.61mg (31.19%), Vitamin C: 20.79mg (25.2%), Fiber: 6.19g (24.76%), Folate: 85.29µg (21.32%), Vitamin A: 1022.55IU (20.45%), Potassium: 683.25mg (19.52%), Vitamin B3: 3.63mg (18.17%), Magnesium: 66.43mg (16.61%), Calcium: 123.96mg (12.4%), Copper: 0.23mg (11.5%), Vitamin B6: 0.23mg (11.41%), Vitamin B1: 0.17mg (11.38%), Phosphorus: 91.17mg (9.12%), Vitamin B2: 0.15mg (9.05%), Vitamin E: 1.07mg (7.11%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.38mg (3.79%)