



Bread Salad with Tomatoes, Herbs, and Ricotta Salata

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 cups cherry tomatoes halved (2 pints)
- 2 tablespoons basil fresh chopped
- 2 tablespoons chives fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 1 teaspoon olive oil extra virgin extra-virgin

- 1 teaspoon oregano fresh chopped
- 1 cup onion diced red
- 0.3 cup red wine vinegar
- 4 ounces pecorino crumbled
- 0.3 teaspoon salt
- 1 ounce sourdough bread
- 0.3 cup water

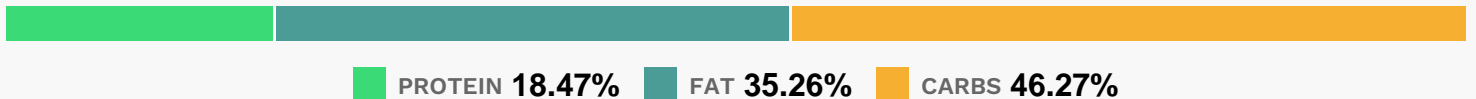
Equipment

- bowl
- paper towels
- whisk

Directions

- Sprinkle bread with water; let stand 2 minutes. Carefully squeeze moisture from bread. Tear into 1-inch pieces.
- Let stand on paper towels 20 minutes.
- Combine vinegar, oil, salt, and pepper, stirring with a whisk.
- Combine ricotta and next 5 ingredients (ricotta through thyme) in a large bowl.
- Add bread, tomatoes, and onion to ricotta mixture.
- Drizzle with vinaigrette; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:7.0560869600462%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 84.54kcal (4.23%), Fat: 3.41g (5.25%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 8.51g (3.1%), Sugar: 3.91g (4.34%), Cholesterol: 9.64mg (3.21%), Sodium: 155.12mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 26.18mg (31.73%), Vitamin A: 706.44IU (14.13%), Manganese: 0.22mg (11.18%), Vitamin K: 10.64µg (10.13%), Potassium: 301.77mg (8.62%), Phosphorus: 73.71mg (7.37%), Folate: 29.47µg (7.37%), Iron: 1.31mg (7.25%), Calcium: 70.87mg (7.09%), Selenium: 4.75µg (6.79%), Vitamin B6: 0.13mg (6.6%), Fiber: 1.56g (6.26%), Vitamin B1: 0.09mg (5.77%), Copper: 0.11mg (5.56%), Vitamin B2: 0.09mg (5.5%), Vitamin E: 0.76mg (5.05%), Magnesium: 18.82mg (4.7%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.06µg (1.07%)