



Brunch Panzanella



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup almonds thinly sliced
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 bay leaf
- ☐ 0.5 cup blueberries
- ☐ 1 tablespoon brandy
- ☐ 0.8 cup golden raisins
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy cream (or vanilla yogurt)

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup lightly torn mint leaves packed
- ☐ 0.5 cup orange juice fresh
- ☐ 0.3 teaspoon ground sea salt finely
- ☐ 0.5 teaspoon ground sea salt finely
- ☐ 2 pints strawberries ripe cut into 1/4-inch slices
- ☐ 2 tablespoons butter unsalted

Equipment

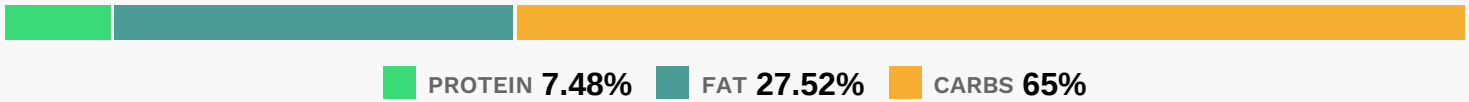
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the almonds on a baking sheet and bake in the oven until toasted, about 8 to 10 minutes.
- ☐ While the almonds are toasting, melt the butter in a 10-inch skillet over high heat, and cook until it browns.
- ☐ Add the bay leaf and stand back (it might pop). Lower the heat to medium and add the sugar to the pan and stir. When the sugar has melted, add the brandy and stand back (it might flame).
- ☐ Add the lemon juice. Cook for 15 seconds, then add the orange juice and salt. Stir and cook until the liquid has reduced by half and it has reached a syrupy consistency. You should have about 1/2 cup.
- ☐ Remove the bay leaf.
- ☐ Using a serrated knife, shave off the thicker parts of the crust.

- ☐ Cut the bread into 1/2-inch cubes. You should have about 8 cups.
- ☐ Place the bread in a large bowl.
- ☐ Add 1/4 cup of the brown butter syrup.
- ☐ Spread the bread in a single layer on a rimmed baking sheet.
- ☐ Bake until golden and crispy on the outside and still chewy inside, 15 to 20 minutes, turning occasionally for even coloring.
- ☐ Put the strawberries in a medium bowl.
- ☐ Add the sugar, lemon juice, vinegar, and salt and mix well. Allow to macerate for 5 to 10 minutes.
- ☐ Place the raisins in a small bowl. Cover with hot water. Allow the raisins to plump for 8 to 10 minutes.
- ☐ Drain the fruit.
- ☐ Place the bread in a large bowl.
- ☐ Add remaining brown butter syrup, the almonds, raisins, blueberries, and mint. Toss well. To serve, spoon some strawberries in each bowl. Spoon some panzanella beside the strawberries. Spoon some whipped cream (or vanilla yogurt) over the strawberries.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:19.18, Inflammation Score:-7, Nutrition Score:16.856521688078%

Flavonoids

Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg Petunidin: 4.06mg, Petunidin: 4.06mg, Petunidin: 4.06mg, Petunidin: 4.06mg Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 2.58mg, Peonidin: 2.58mg, Peonidin: 2.58mg, Peonidin: 2.58mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg

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Nutrients (% of daily need)

Calories: 334.56kcal (16.73%), Fat: 10.74g (16.53%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 51.11g (18.59%), Sugar: 45.21g (50.24%), Cholesterol: 12.07mg (4.03%), Sodium: 326.83mg (14.21%), Alcohol: 0.83g (100%), Alcohol %: 0.36% (100%), Protein: 6.57g (13.15%), Vitamin C: 107.35mg (130.12%), Manganese: 1.03mg (51.51%), Vitamin E: 3.62mg (24.15%), Fiber: 5.97g (23.86%), Potassium: 641.66mg (18.33%), Vitamin B2: 0.31mg (18.08%), Magnesium: 71.86mg (17.97%), Phosphorus: 179.18mg (17.92%), Calcium: 157.73mg (15.77%), Copper: 0.3mg (15.06%), Folate: 59.93µg (14.98%), Iron: 1.79mg (9.97%), Vitamin B6: 0.19mg (9.58%), Vitamin B3: 1.49mg (7.44%), Vitamin A: 361.69IU (7.23%), Vitamin B1: 0.11mg (7.15%), Zinc: 1.06mg (7.08%), Vitamin K: 6.87µg (6.55%), Vitamin B5: 0.59mg (5.9%), Selenium: 3.47µg (4.96%), Vitamin B12: 0.22µg (3.74%)