



## Chop Chop Bread Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

### Ingredients

- 1 avocado diced pitted cut in half, and flesh
- 1.5 tablespoons balsamic vinegar
- 3 tablespoons freshly basil leaves julienned
- 1 tablespoon capers
- 1 tablespoon garlic minced
- 0.3 cup goat cheese crumbled
- 0.5 cup grape tomatoes halved
- 4 tablespoons olive oil extra-virgin

- 2 teaspoons freshly parsley leaves italian chopped
- 3 tablespoons bell pepper diced red
- 1.5 tablespoons red wine vinegar
- 3 slices from an 8 by 4-inch sourdough round ()
- 4 servings sea salt and freshly cracked pepper black

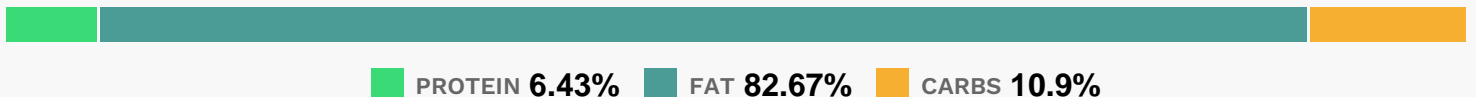
## Equipment

- bowl
- grill
- grill pan

## Directions

- Preheat a grill or grill pan to high.
- Drizzle both sides of bread with 3 tablespoons oil and season with salt and pepper. Grill on both sides until nicely marked and somewhat crispy, about 5 minutes.
- Remove from grill, set aside to cool.
- In a large bowl, toss together tomatoes, peppers, cucumber, garlic, capers, parsley and basil.
- Drizzle in the vinegars, remaining 1 tablespoon of oil and season with salt and pepper. Toss again.
- Let sit for 15 to 20 minutes in the refrigerator. When ready to serve, cut bread into 1-inch cubes and toss gently with the vegetables. Gently fold in goat cheese and avocado and adjust seasoning, if necessary.

## Nutrition Facts



## Properties

Glycemic Index:73, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:9.1030434914257%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

## **Nutrients (% of daily need)**

Calories: 257.98kcal (12.9%), Fat: 24.51g (37.71%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.17g (2.41%), Cholesterol: 7mg (2.33%), Sodium: 309.07mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin K: 28.63µg (27.27%), Vitamin E: 3.33mg (22.18%), Vitamin C: 17.58mg (21.31%), Fiber: 3.87g (15.47%), Vitamin A: 679.73IU (13.59%), Folate: 50.12µg (12.53%), Copper: 0.23mg (11.69%), Vitamin B6: 0.23mg (11.62%), Potassium: 331.52mg (9.47%), Manganese: 0.18mg (8.9%), Vitamin B5: 0.85mg (8.54%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 76.12mg (7.61%), Vitamin B3: 1.21mg (6.04%), Magnesium: 23.01mg (5.75%), Iron: 0.91mg (5.05%), Vitamin B1: 0.06mg (3.99%), Zinc: 0.58mg (3.88%), Calcium: 37.75mg (3.78%), Selenium: 1.13µg (1.62%)