



Cooked Bread: Pancotto



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



354 kcal

Ingredients

- ☐ 2 cups bread stale
- ☐ 1 tablespoon currants
- ☐ 0.3 cup fennel fronds
- ☐ 1 pound fennel bulb cut into 1/2-inch cubes
- ☐ 10 mint leaves fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.3 cup olive oil extra-virgin for drizzling
- ☐ 1 tablespoon pinenuts toasted

- ☐ 6 plum tomatoes canned peeled seeded
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 cups water hot
- ☐ 2 pepperocini dried whole plus more for garnish
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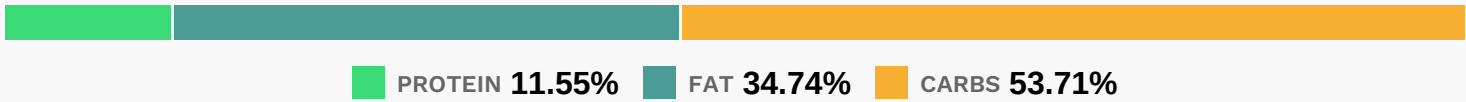
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large soup pot, heat the 1/4 cup olive oil over medium heat.
- ☐ Add the garlic, fennel, whole chiles and currants and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the parsley, tomatoes and the toasted pine nuts, stirring to combine. Cook the tomato mixture for about 25 to 30 minutes.
- ☐ Add the hot water, salt, and pepper, to taste, stirring to combine. Bring the tomato stock to a boil and add the bread pieces. Allow the stock to cook 1 minute more so that the bread has a chance to heat up and thicken the stock before removing from the heat. Stir in the mint leaves and fennel fronds and season each individual bowl of pancotto with a drizzle of extra-virgin olive oil.
- ☐ Drizzle with extra-virgin olive oil and garnish with fennel fronds and pepperocini.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:22.92, Inflammation Score:-7, Nutrition Score:20.963478171307%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg,

Naringenin: 0.42mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 354.47kcal (17.72%), Fat: 14.03g (21.59%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 42.07g (15.3%), Sugar: 10.91g (12.12%), Cholesterol: 0mg (0%), Sodium: 431.68mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin K: 76.04µg (72.42%), Manganese: 1.39mg (69.37%), Selenium: 23.59µg (33.69%), Vitamin B3: 5.45mg (27.25%), Fiber: 6.75g (26.99%), Folate: 101.53µg (25.38%), Vitamin B1: 0.37mg (24.74%), Vitamin C: 20.33mg (24.64%), Iron: 3.94mg (21.91%), Potassium: 638.11mg (18.23%), Phosphorus: 173.1mg (17.31%), Calcium: 162.29mg (16.23%), Vitamin E: 2.41mg (16.04%), Magnesium: 62.41mg (15.6%), Vitamin A: 754.19IU (15.08%), Vitamin B2: 0.25mg (14.75%), Copper: 0.29mg (14.33%), Vitamin B6: 0.21mg (10.56%), Vitamin B5: 0.91mg (9.14%), Zinc: 1.27mg (8.5%)