

Dinner Tonight: Summer Panzanella

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



513 kcal

SIDE DISH

Ingredients

- ☐ 0.3 crusty baguette cut into 1/2 inch cubes
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 Handful basil chopped
- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic sliced
- ☐ 0.3 cup olive oil
- ☐ 2 servings salt and pepper
- ☐ 2 pounds tomatoes chopped

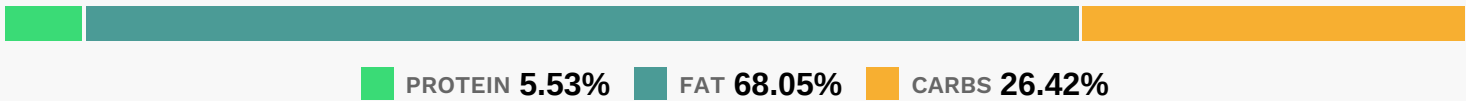
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven the 350°F. Melt the butter in a large oven-proof skillet over medium heat.
- ☐ Pour in half of the olive oil, and let it warm for a minute. Turn off the heat, add the garlic and bread cubes. Toss until combined. Then place in the oven and cook for 15 minutes, tossing the cubes every 5 minutes or so.
- ☐ Combine the chopped tomatoes, balsamic vinegar, and the other half of the oil. Stir until combined.
- ☐ Add the bread to the bowl, sprinkle with the basil, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:154.88, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:23.894347767467%

Flavonoids

Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 513.38kcal (25.67%), Fat: 40.14g (61.75%), Saturated Fat: 11.22g (70.14%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 28.89g (10.5%), Sugar: 14.63g (16.26%), Cholesterol: 30.1mg (10.03%), Sodium: 502.54mg (21.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin A: 4181.3IU (83.63%), Vitamin C: 63.26mg (76.68%), Vitamin K: 58.21µg (55.43%), Vitamin E: 6.76mg (45.09%), Manganese: 0.73mg (36.74%), Potassium: 1141.37mg (32.61%), Folate: 102.67µg (25.67%), Fiber: 6.18g (24.71%), Vitamin B1: 0.36mg (23.78%), Vitamin B6: 0.43mg (21.73%), Vitamin B3: 4.15mg (20.74%), Copper: 0.32mg (16.02%), Magnesium: 60.66mg

(15.16%), Phosphorus: 148.58mg (14.86%), Iron: 2.6mg (14.44%), Vitamin B2: 0.2mg (11.49%), Calcium: 91.28mg (9.13%), Selenium: 5.94µg (8.49%), Zinc: 1.08mg (7.2%), Vitamin B5: 0.56mg (5.57%)