



Emerald City Salad - Panzanella Salad



Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

758 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces cheese curds recommended: Mt. Townsend
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 0.5 teaspoon marjoram leaves fresh chopped
- ☐ 0.5 cup greens mixed basil, arugula, watercress, herbs
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.5 teaspoon oregano fresh
- ☐ 2 tablespoons pesto
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 loaf rustic bread sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small shallots

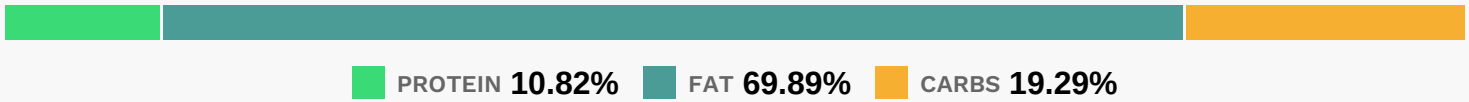
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat a grill to medium.
- ☐ Brush the sliced bread with pesto and grill until slightly charred.
- ☐ Remove the bread from the grill, cut it into 1-inch cubes and add it to a serving bowl. Gently stir in the tomatoes, cheese curds, and the mixed greens.
- ☐ Add the vinegar, mustard, shallot, garlic, thyme, marjoram, oregano, olive oil and salt and pepper, to taste, to a food processor. Pulse to combine.
- ☐ Pour the vinaigrette over the salad let it soak into the bread for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:11.167391284652%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg,

Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 758.01kcal (37.9%), Fat: 59.17g (91.03%), Saturated Fat: 24.01g (150.09%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 33.38g (12.14%), Sugar: 21.21g (23.57%), Cholesterol: 61.27mg (20.42%), Sodium: 674.79mg (29.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.23%), Calcium: 441.29mg (44.13%), Vitamin C: 29.33mg (35.55%), Vitamin E: 3.31mg (22.06%), Vitamin B3: 3.25mg (16.24%), Vitamin A: 805.39IU (16.11%), Vitamin K: 16.15µg (15.38%), Folate: 55.88µg (13.97%), Iron: 2.46mg (13.65%), Fiber: 3.37g (13.47%), Potassium: 424.29mg (12.12%), Manganese: 0.2mg (10.03%), Vitamin B1: 0.13mg (8.78%), Vitamin B6: 0.13mg (6.65%), Phosphorus: 63.67mg (6.37%), Magnesium: 24.48mg (6.12%), Copper: 0.1mg (5.25%), Vitamin B2: 0.09mg (5%), Zinc: 0.35mg (2.31%), Vitamin B5: 0.19mg (1.9%), Selenium: 1.23µg (1.76%)