



Farmstand Herb Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup capers drained
- 0.5 cup basil leaves fresh
- 1 tablespoon thyme leaves fresh
- 4 garlic cloves
- 12 ounces bread italian country-style cut into 1-inch pieces
- 0.3 cup kalamata olives pitted

- 0.8 cup olive oil extra-virgin
- 1 tablespoon oregano leaves fresh
- 1 large roasted bell pepper yellow seeded coarsely chopped
- 0.5 teaspoon salt
- 6 tomatoes seeded cut into large pieces
- 2 zucchini cut into 1/4-inch slices

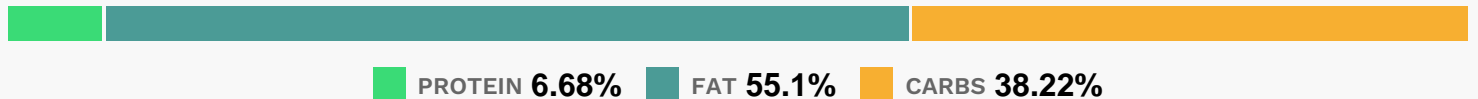
Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Divide bread evenly between 2 baking sheets.
- Bake at 350 for 10 to 12 minutes or until golden brown, stirring occasionally. Set aside to cool.
- Combine garlic and next 5 ingredients in a food processor; pulse 5 to 6 times or just until chopped, stopping to scrape down sides.
- Add oil and vinegar, and pulse until combined.
- Combine bread, tomato, and next 4 ingredients in a large bowl; add dressing, and toss well.
- Let salad stand, covered, at room temperature 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:10.032608607541%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.82mg, Kaempferol: 5.82mg, Kaempferol: 5.82mg, Kaempferol: 5.82mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 260.93kcal (13.05%), Fat: 16.34g (25.13%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 22.2g (8.07%), Sugar: 14.46g (16.07%), Cholesterol: 0mg (0%), Sodium: 443.02mg (19.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin C: 53.17mg (64.45%), Vitamin K: 18.88µg (17.98%), Vitamin A: 859.79IU (17.2%), Manganese: 0.27mg (13.55%), Fiber: 3.3g (13.22%), Folate: 50.26µg (12.56%), Potassium: 421.55mg (12.04%), Vitamin B3: 2.41mg (12.04%), Iron: 1.68mg (9.33%), Vitamin B6: 0.18mg (9.06%), Vitamin E: 1.23mg (8.17%), Magnesium: 29.61mg (7.4%), Vitamin B1: 0.1mg (6.91%), Copper: 0.12mg (6.22%), Vitamin B2: 0.1mg (5.93%), Phosphorus: 55.64mg (5.56%), Calcium: 37.17mg (3.72%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.2mg (1.98%)