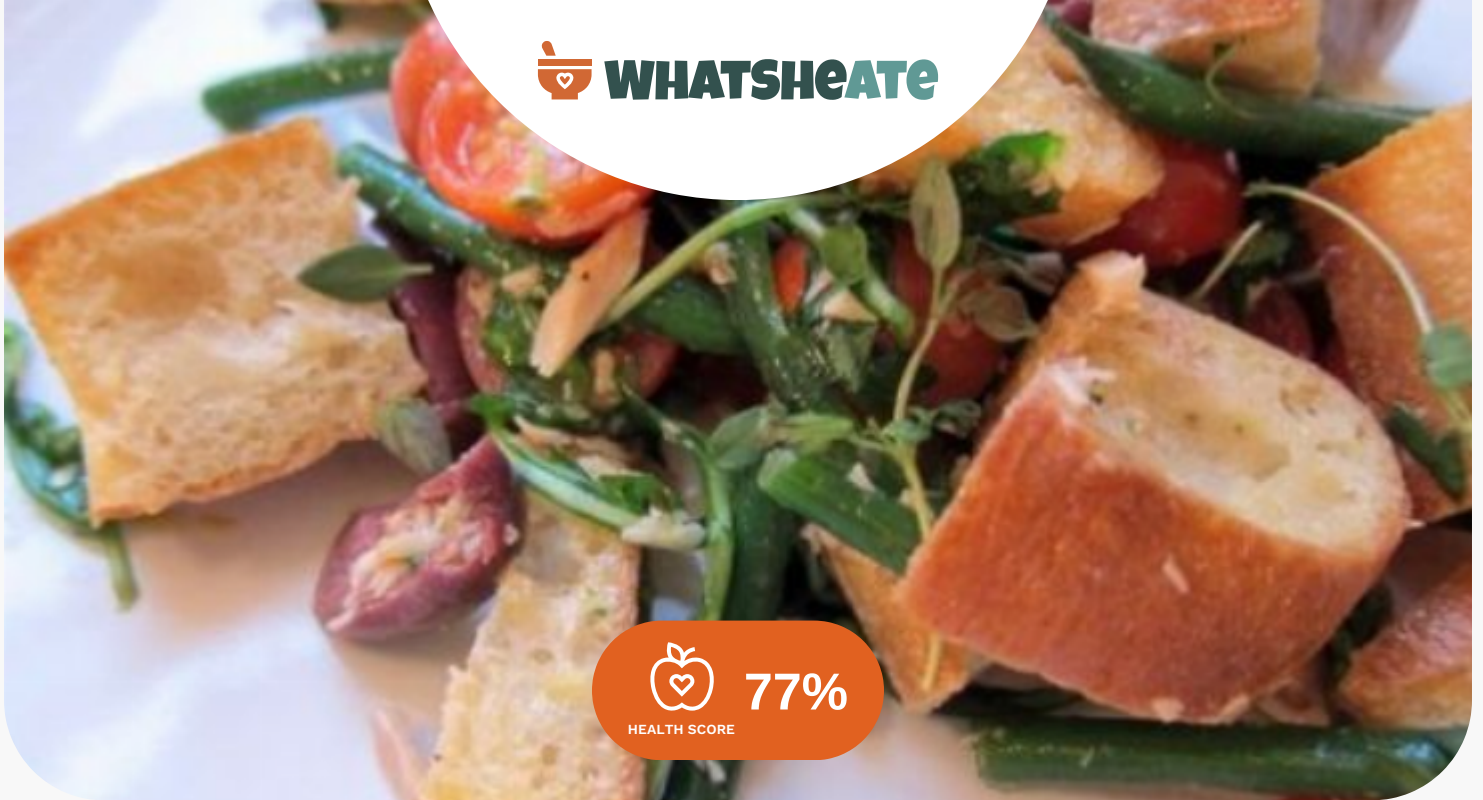




French in a Flash: Niçoise Panzanella Bread Salad

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1307 kcal

Ingredients

- ☐ 1 cup baby arugula roughly chopped
- ☐ 6 cups bread cut in 1-inch cubes
- ☐ 45 cherry tomatoes halved
- ☐ 5 tablespoons olive oil extra virgin
- ☐ 2 tablespoons flat parsley roughly chopped
- ☐ 2 tablespoons basil fresh roughly chopped
- ☐ 1 tablespoon thyme sprigs fresh roughly chopped
- ☐ 7 ounces haricots verts crisp halved

- ☐ 30 kalamata olives pitted halved
- ☐ 4 servings kosher salt
- ☐ 1 lemon zest
- ☐ 12 fillet anchovy drained roughly chopped
- ☐ 4 servings pepper black
- ☐ 5 ounce albacore solid tuna drained canned

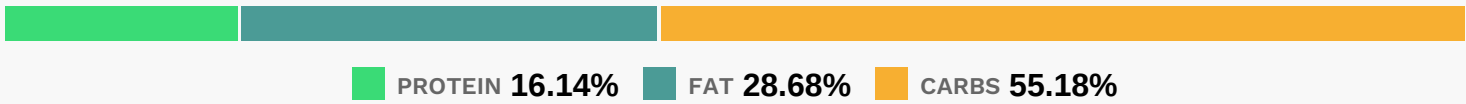
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the bread in a single layer on a baking sheet, and toast until just golden brown, about 10 minutes. Set aside to cool.
- ☐ Prepare the vinaigrette by whisking together the lemon juice, lemon zest, olive oil, thyme, and salt and pepper.
- ☐ In a large bowl, toss together the haricots verts, cherry tomatoes, olives, anchovies, arugula, basil, parsley, and the lemon-thyme vinaigrette. Then, add the tuna and bread croutons to the bowl, and gently toss until everything is combined.
- ☐ Let sit on the counter for at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:78.92, Glycemic Load:91.69, Inflammation Score:-10, Nutrition Score:57.778695728468%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 1306.94kcal (65.35%), Fat: 42.02g (64.65%), Saturated Fat: 6.18g (38.6%), Carbohydrates: 181.92g (60.64%), Net Carbohydrates: 163.46g (59.44%), Sugar: 27.06g (30.07%), Cholesterol: 18.19mg (6.06%), Sodium: 2520.33mg (109.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.2g (106.4%), Manganese: 4.63mg (231.32%), Selenium: 129.44µg (184.92%), Vitamin B3: 27.21mg (136.04%), Vitamin B1: 1.59mg (106.21%), Vitamin K: 100.05µg (95.29%), Folate: 356.21µg (89.05%), Iron: 16.01mg (88.94%), Fiber: 18.45g (73.82%), Vitamin C: 58.69mg (71.14%), Phosphorus: 653.41mg (65.34%), Vitamin B2: 1.07mg (62.67%), Calcium: 540.02mg (54%), Magnesium: 202.58mg (50.64%), Vitamin E: 6.54mg (43.63%), Copper: 0.83mg (41.67%), Vitamin B6: 0.81mg (40.49%), Vitamin A: 1838.52IU (36.77%), Potassium: 1245.64mg (35.59%), Vitamin B5: 3.53mg (35.29%), Zinc: 4.55mg (30.35%), Vitamin B12: 0.85µg (14.23%)