



Gazpacho Panzanella

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast meat boneless skinless chopped
- ☐ 1 pound cucumber seeded chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 4 ounces bread french cut into (1/2-inch) cubes
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped

- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds tomatoes seeded chopped
- ☐ 0.5 cup vegetable juice low-sodium
- ☐ 1 tablespoon water

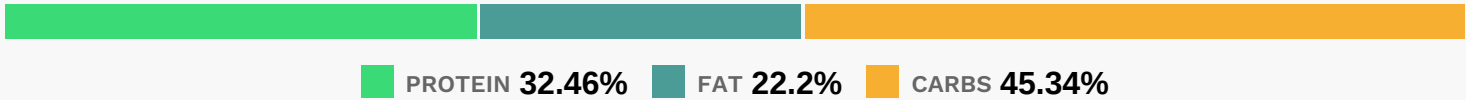
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ To prepare salad, arrange bread cubes in a single layer on a baking sheet. Lightly coat bread cubes with cooking spray.
- ☐ Bake at 350 for 15 minutes or until golden brown, stirring once. Set aside.
- ☐ Place tomato, chicken, cucumber, bell pepper, onion, and parsley in a large bowl; toss gently to combine.
- ☐ To prepare dressing, combine the juice and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over salad, tossing gently to coat. Stir in bread cubes; let stand for 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.88, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:29.474347943845%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 6.89g (10.59%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 26.12g (9.5%), Sugar: 11.62g (12.92%), Cholesterol: 48mg (16%), Sodium: 620.03mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Vitamin C: 81.51mg (98.8%), Vitamin K: 93µg (88.57%), Vitamin B3: 10.84mg (54.2%), Vitamin A: 2696.92IU (53.94%), Vitamin B6: 0.96mg (48.05%), Selenium: 32.54µg (46.49%), Potassium: 1188.71mg (33.96%), Manganese: 0.62mg (30.95%), Phosphorus: 284.53mg (28.45%), Vitamin B1: 0.41mg (27%), Folate: 101.05µg (25.26%), Fiber: 5.53g (22.1%), Magnesium: 75.85mg (18.96%), Vitamin B5: 1.72mg (17.24%), Vitamin B2: 0.29mg (16.99%), Copper: 0.32mg (16.16%), Iron: 2.86mg (15.89%), Vitamin E: 2.14mg (14.24%), Zinc: 1.45mg (9.7%), Calcium: 79.6mg (7.96%), Vitamin B12: 0.15µg (2.5%)