

food
network

Greek Panzanella

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup calamata olives pitted
- ☐ 1 hothouse cucumber unpeeled seeded sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 pound feta cheese cut in 1/2-inch cubes
- ☐ 1 small bread french cut into 1-inch cubes 6 cups
- ☐ 2 cloves garlic minced
- ☐ 1 pint grape tomatoes halved

- ☐ 6 servings kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 6 servings olive oil good
- ☐ 1 teaspoon oregano dried
- ☐ 1 large bell pepper diced red
- ☐ 0.5 onion red sliced in half rounds
- ☐ 0.3 cup red wine vinegar good
- ☐ 1 teaspoon salt
- ☐ 1 large bell pepper diced yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 3 tablespoons olive oil in a large saute pan.
- ☐ Add the bread cubes and sprinkle with salt; cook over low to medium heat, tossing frequently, for 5 to 10 minutes, until nicely browned.
- ☐ Add more olive oil as needed.
- ☐ Place the cucumber, red pepper, yellow pepper, tomatoes and red onion in a large bowl.
- ☐ For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, 1 teaspoon salt and the pepper in a small bowl. While still whisking, add the olive oil and make an emulsion.
- ☐ Pour the vinaigrette over the vegetables.
- ☐ Add the feta, olives and bread cubes and mix together lightly. Set aside for 30 minutes for the flavors to blend.
- ☐ Serve at room temperature.

Nutrition Facts



 **PROTEIN 9.26%**  **FAT 74.25%**  **CARBS 16.49%**

Properties

Glycemic Index:53.08, Glycemic Load:4.1, Inflammation Score:-9, Nutrition Score:17.978260983591%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 330.85kcal (16.54%), Fat: 28.01g (43.09%), Saturated Fat: 7.78g (48.63%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 10.98g (3.99%), Sugar: 4.64g (5.15%), Cholesterol: 33.64mg (11.21%), Sodium: 1232.93mg (53.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin C: 105.33mg (127.67%), Vitamin A: 1821.61IU (36.43%), Vitamin E: 3.98mg (26.54%), Vitamin B2: 0.41mg (23.94%), Vitamin K: 25.05µg (23.85%), Calcium: 226.56mg (22.66%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 183.6mg (18.36%), Manganese: 0.31mg (15.3%), Folate: 61.08µg (15.27%), Potassium: 441.31mg (12.61%), Fiber: 3.02g (12.07%), Vitamin B1: 0.17mg (11.62%), Selenium: 7.82µg (11.17%), Vitamin B12: 0.64µg (10.65%), Zinc: 1.53mg (10.23%), Magnesium: 34.77mg (8.69%), Vitamin B3: 1.73mg (8.63%), Copper: 0.17mg (8.31%), Iron: 1.42mg (7.9%), Vitamin B5: 0.74mg (7.39%), Vitamin D: 0.15µg (1.01%)