



Green Panzanella with Pickled Shallot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula thick trimmed
- ☐ 2 garlic clove crushed
- ☐ 3.5 pounds heirloom tomatoes green assorted ripe cut into wedges (such as Zebras)
- ☐ 6 servings pepper freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup red wine vinegar
- ☐ 1 large shallots thinly sliced
- ☐ 4 cups frangelico white with crusts (1/2 of a 1-pound loaf)

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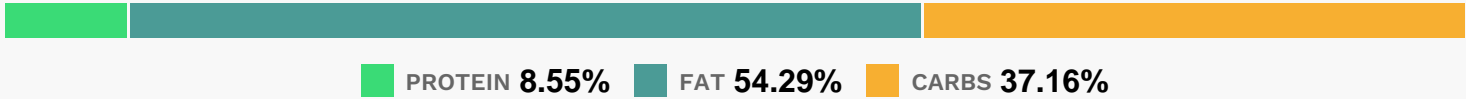
Equipment

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

Directions

- ☐ Combine shallot and vinegar in a small bowl; season with salt and pepper and toss to combine.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, place tomatoes on a largerimmed baking sheet; season with salt andlet stand 15 minutes.
- ☐ Transfer 2 tablespoons vinegar from shallotmixture to a large bowl (reserve remainingvinegar with shallots).
- ☐ Whisking constantly,gradually add oil; whisk until combined.Season dressing with salt, pepper, and morevinegar from shallot mixture, if desired.
- ☐ Add tomatoes and their juices to dressingand gently toss to coat.
- ☐ Let tomato mixturestand at room temperature until tomatoesrelease more juices and soften slightly,about 1 hour.
- ☐ Meanwhile,preheat oven to 350°F.
- ☐ Combine bread andgarlic on a large rimmed baking sheet anddrizzle with oil; season with salt and pepper.Squeeze bread pieces lightly with yourhands so they will evenly absorb oil andspread out in a single layer.
- ☐ Bake bread pieces, tossing occasionally,until crisp on the outside but still chewyin the center, 10–15 minutes.
- ☐ Let croutonscool slightly, then discard garlic.
- ☐ Add arugula and croutons to bowl withtomato mixture; season with salt andpepper and toss to combine.
- ☐ Drain pickledshallot.
- ☐ Serve panzanella topped withpickled shallot.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:12.008695511714%

Flavonoids

Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 119.7kcal (5.98%), Fat: 7.59g (11.67%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.22g (2.99%), Sugar: 7.43g (8.26%), Cholesterol: 0mg (0%), Sodium: 17.45mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin A: 2363.08IU (47.26%), Vitamin C: 37.99mg (46.05%), Vitamin K: 32.6µg (31.05%), Potassium: 678.78mg (19.39%), Manganese: 0.37mg (18.69%), Vitamin E: 2.47mg (16.46%), Fiber: 3.46g (13.85%), Vitamin B6: 0.24mg (12.18%), Folate: 47.62µg (11.9%), Magnesium: 34.33mg (8.58%), Copper: 0.17mg (8.56%), Vitamin B3: 1.61mg (8.04%), Phosphorus: 72.75mg (7.28%), Vitamin B1: 0.11mg (7.03%), Iron: 1.02mg (5.65%), Calcium: 42.19mg (4.22%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.06mg (3.42%), Vitamin B5: 0.28mg (2.84%)