



Grilled-Asparagus Panzanella



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 6 slices bread 1-inch-thick country-style ()
- ☐ 2 tablespoons capers drained
- ☐ 8 basil fresh plus more for garnish thinly sliced
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup olives pitted
- ☐ 1 small onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 16 cherry tomatoes red yellow quartered

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Snap off tough ends of asparagus or trim with a knife, and peel the bottom half of the stalk, if necessary.
- ☐ Place asparagus on a baking sheet, toss with olive oil, and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill asparagus, perpendicular to the grates, for 35 minutes on each side or until just crisp-tender.
- ☐ Grill the bread about 1 minute per side or until slightly charred.
- ☐ Cut each slice into 1-inch cubes.
- ☐ Whisk vinegar, garlic, remaining 1/4 teaspoon salt and 1/4 teaspoon pepper, and extra-virgin olive oil in a large bowl until combined.
- ☐ Add asparagus, grilled bread, tomatoes, and remaining ingredients; mix. Season with more salt and pepper, if desired.
- ☐ Let sit at room temperature for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.21, Glycemic Load:6.22, Inflammation Score:-7, Nutrition Score:11.879999865656%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg, Quercetin: 18.38mg

Nutrients (% of daily need)

Calories: 148.22kcal (7.41%), Fat: 7.67g (11.8%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 13.21g (4.8%), Sugar: 4.3g (4.77%), Cholesterol: 0mg (0%), Sodium: 438.54mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin K: 43.06µg (41.01%), Manganese: 0.48mg (23.83%), Folate: 70.14µg (17.53%), Vitamin A: 867.69IU (17.35%), Vitamin C: 14mg (16.97%), Iron: 3.01mg (16.74%), Vitamin B1: 0.23mg (15.36%), Vitamin E: 2.29mg (15.3%), Fiber: 3.49g (13.98%), Copper: 0.25mg (12.33%), Selenium: 8.46µg (12.08%), Vitamin B3: 2.25mg (11.23%), Vitamin B2: 0.19mg (11.1%), Potassium: 308.79mg (8.82%), Phosphorus: 87.53mg (8.75%), Vitamin B6: 0.16mg (7.87%), Magnesium: 27.5mg (6.87%), Calcium: 61.96mg (6.2%), Zinc: 0.77mg (5.16%), Vitamin B5: 0.48mg (4.76%)