



Grilled Bell Pepper Panzanella Salad

 Vegetarian

READY IN



70 min.

SERVINGS



11

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups bread crumbs dry french italian ()
- 2 large bell pepper yellow
- 2 large bell pepper red
- 1 medium onion red cut into 1/ slices
- 0.5 cup olives black sliced
- 0.3 cup basil fresh (matchstick-cut)
- 8 oz mozzarella fresh halved drained (cheese balls)
- 4 medium plum tomatoes chopped (Roma)

- 0.5 cucumber english seedless sliced quartered ()
- 0.8 cup balsamic vinaigrette

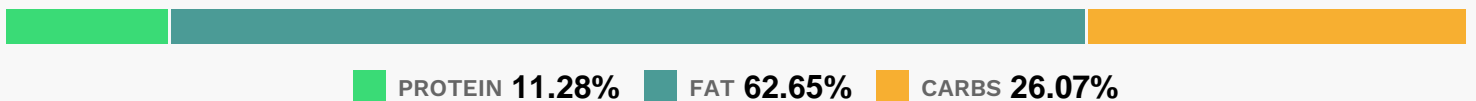
Equipment

- bowl
- plastic wrap
- grill

Directions

- Place bread cubes on shallow trays.
- Let stand to dry out slightly while making salad.
- Heat gas or charcoal grill.
- Place bell peppers on grill over medium-high heat. Cover grill; cook 15 to 30 minutes, turning occasionally, until peppers are blackened.
- Place roasted peppers in large bowl; cover with plastic wrap.
- Let stand 15 to 20 minutes. Peel and seed bell peppers.
- Cut into bite-size strips.
- Place onion slices on grill. Cover grill; cook 3 to 6 minutes, turning once during grilling, until golden on edges and slightly tender.
- Cut into 1/2-inch pieces.
- In large bowl, place cubed bread, grilled pepper strips, grilled onions, olives, basil, cheese, tomatoes and cucumber.
- Drizzle with dressing, tossing to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:11.406956488672%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 242.09kcal (12.1%), Fat: 17.07g (26.27%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 13.8g (5.02%), Sugar: 8g (8.89%), Cholesterol: 16.29mg (5.43%), Sodium: 430.17mg (18.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin C: 104.53mg (126.71%), Vitamin A: 1395.83IU (27.92%), Calcium: 122.43mg (12.24%), Phosphorus: 106.64mg (10.66%), Folate: 40.37µg (10.09%), Vitamin B6: 0.19mg (9.47%), Fiber: 2.18g (8.74%), Vitamin K: 8.34µg (7.95%), Potassium: 275.69mg (7.88%), Vitamin B12: 0.47µg (7.83%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.12mg (6.95%), Manganese: 0.13mg (6.74%), Vitamin E: 0.88mg (5.84%), Zinc: 0.85mg (5.69%), Selenium: 3.78µg (5.41%), Magnesium: 20.63mg (5.16%), Iron: 0.86mg (4.79%), Vitamin B1: 0.07mg (4.75%), Copper: 0.08mg (3.79%), Vitamin B5: 0.25mg (2.51%)