



Grilled Panzanella

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- 1 small pepper flakes red seeded finely chopped
- 1.5 cups basil fresh small to medium divided
- 1 garlic clove halved
- 8 servings pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest finely grated
- 0.7 cup olive oil extra virgin extra-virgin divided
- 1 large shallots thinly sliced

- 12 ounce sourdough bread cut into 1/2"-thick slices
- 3 pounds tomatoes assorted ripe

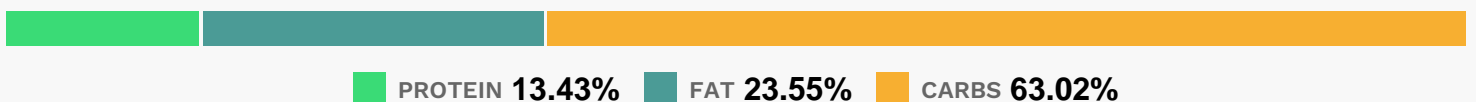
Equipment

- bowl
- whisk
- sieve
- blender
- grill

Directions

- Purée 3/4 cup basil leaves and 1/3 cup plus 2 tablespoons oil in a blender until smooth and only tiny flecks of basil remain. Set a fine-mesh strainer over a large bowl. Strain mixture into bowl, pressing on solids to extract as much oil as possible; discard solids in strainer.
- Add shallot, chile, lemon zest, and lemon juice to basil oil; whisk to blend. Season to taste with salt and pepper. DO AHEAD: Dressing can be made 1 day ahead. Cover and chill. Return to room temperature and rewhisk before using.
- Slice tomatoes into assorted wedges, rounds, and cubes; add to bowl with dressing. Toss to coat; let marinate at room temperature for 30 minutes.
- Meanwhile, build a medium-hot fire in a charcoal grill, or preheat a gas grill to high.
- Brush bread with remaining 1/3 cup olive oil. Season with salt and pepper. Grill bread until charred in spots, about 2 minutes per side. Rub grilled bread with cut sides of garlic clove. Tear bread into 1"-2" pieces.
- Add bread and remaining 3/4 cup basil leaves to bowl with tomato mixture; toss to coat. Season panzanella to taste with salt and pepper and serve.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:19.14, Inflammation Score:-9, Nutrition Score:14.522608591163%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 5.04g (7.76%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 27.02g (9.83%), Sugar: 7.12g (7.91%), Cholesterol: 0mg (0%), Sodium: 265.79mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin C: 34.66mg (42.01%), Vitamin A: 1709.01IU (34.18%), Vitamin K: 35.56µg (33.87%), Manganese: 0.51mg (25.38%), Vitamin B1: 0.37mg (24.96%), Folate: 84.08µg (21.02%), Selenium: 12.31µg (17.58%), Vitamin B3: 3.19mg (15.93%), Potassium: 502.24mg (14.35%), Iron: 2.4mg (13.35%), Fiber: 3.33g (13.32%), Vitamin B2: 0.22mg (13.2%), Vitamin B6: 0.24mg (11.77%), Vitamin E: 1.61mg (10.74%), Copper: 0.2mg (9.79%), Magnesium: 37.71mg (9.43%), Phosphorus: 93.38mg (9.34%), Zinc: 0.8mg (5.36%), Calcium: 51.08mg (5.11%), Vitamin B5: 0.33mg (3.33%)