



Grilled Panzanella Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large bell peppers quartered (any color)
- 10 ounce semolina bread halved lengthwise
- 1 small clove garlic minced
- 0.5 cup torn herbs fresh (basil, mint and/or parsley)
- 4 servings kosher salt and pepper freshly ground
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil extra-virgin plus more for brushing and drizzling
- 2 teaspoons red wine vinegar

- 0.3 pound genoa salami thinly sliced cut into 2-inch ribbons
- 6 scallions
- 3 medium tomatoes halved
- 1 medium zucchini halved lengthwise

Equipment

- bowl
- baking sheet
- whisk
- grill

Directions

- Whisk the olive oil, vinegar, lemon juice, garlic, 1/4 teaspoon salt, and pepper to taste in a bowl.
- Brush the grill with olive oil.
- Put the tomatoes in a large bowl; drizzle with olive oil and season with salt and pepper. Grill cut-side down until slightly charred, about 2 minutes.
- Transfer to a baking sheet.
- Put the scallions, peppers and zucchini in the same bowl; drizzle with olive oil and season with salt and pepper.
- Brush the bread with olive oil. Grill the bread and vegetables until charred, about 2 minutes per side for the bread and scallions and 4 minutes per side for the peppers and zucchini.
- Transfer to the baking sheet and let cool slightly.
- Cut the scallions, peppers, zucchini, tomatoes and bread into bite-size pieces; transfer to the bowl.
- Add the herbs, salami, dressing and any juices from the baking sheet. Season with salt and pepper and toss.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 15.39% ■ FAT 42.14% ■ CARBS 42.47%

Properties

Glycemic Index:66.42, Glycemic Load:20.76, Inflammation Score:-10, Nutrition Score:33.557826125103%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 428.31kcal (21.42%), Fat: 20.46g (31.48%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 39.51g (14.37%), Sugar: 11.71g (13.01%), Cholesterol: 22.4mg (7.47%), Sodium: 1189.11mg (51.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Vitamin K: 181.37µg (172.74%), Vitamin C: 141.08mg (171.01%), Vitamin A: 4246.76IU (84.94%), Manganese: 1.2mg (60.18%), Vitamin B1: 0.67mg (44.92%), Selenium: 28.02µg (40.02%), Folate: 147.57µg (36.89%), Vitamin B3: 7.32mg (36.61%), Vitamin B6: 0.66mg (32.75%), Fiber: 6.89g (27.57%), Vitamin B2: 0.43mg (25.2%), Iron: 4.5mg (25.01%), Potassium: 824.53mg (23.56%), Phosphorus: 230.99mg (23.1%), Vitamin E: 3.15mg (21.03%), Magnesium: 71.9mg (17.97%), Zinc: 2.61mg (17.39%), Calcium: 140.24mg (14.02%), Vitamin B5: 1.37mg (13.75%), Copper: 0.27mg (13.69%), Vitamin B12: 0.79µg (13.23%)