



Grilled Panzanella Salad with Bell Peppers, Summer Squash, and Tomatoes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds bell pepper assorted cut into 1 1/2-inch-wide strips (3 large)
- 1.5 pounds bell pepper assorted cut into 1 1/2-inch-wide strips (3 large)
- 2 tablespoons capers drained
- 12 ounce ciabatta bread 1-inch-thick trimmed to expose bread, cut crosswise into slices
- 0.3 cup herbs: rosemary fresh assorted coarsely chopped (such as chives, dill, chervil, and tarragon)
- 1 garlic clove peeled cut into thirds
- 0.3 cup juice of lemon fresh

- 1 tablespoon lemon zest grated
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 cup parsley fresh italian chopped
- 1 medium size onion red cut into 1/4-inch-thick rounds
- 2 tablespoons red wine vinegar
- 1.5 pounds summer squash assorted cut lengthwise into 1/3-inch-thick slices
- 1 tomatoes cored cut into 3/4-inch dice, juices reserved

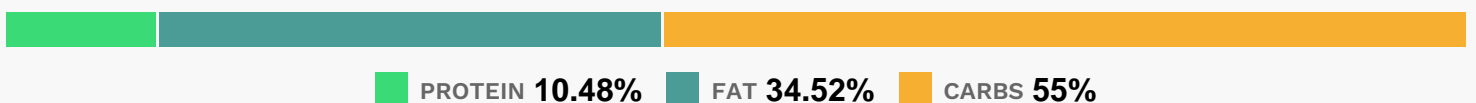
Equipment

- bowl
- whisk
- grill

Directions

- Prepare barbecue (medium heat).
- Brush both sides of bell peppers, squash, onion, and bread slices lightly with olive oil; sprinkle with salt and pepper. Grill vegetables until tender and brown, about 4 minutes per side for peppers and squash and 3 minutes per side for onion. Grill bread until browned and crisp, turning occasionally, about 4 minutes. Cool slightly. Rub bread with cut sides of garlic. Tear bread into 3/4-inch pieces; place in very large bowl.
- Cut grilled vegetables into 1-inch pieces; add to bread in bowl.
- Whisk first 3 ingredients in small bowl to blend. Gradually whisk in 1/3 cup oil. Season dressing to taste with salt and pepper.
- Add dressing, tomatoes with juices, and all remaining ingredients to salad; toss.
- Let stand 20 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:23.719130484954%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 248.83kcal (12.44%), Fat: 10.09g (15.52%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 30.41g (11.06%), Sugar: 10.29g (11.43%), Cholesterol: 0mg (0%), Sodium: 277.39mg (12.06%), Alcohol: 0g (100%), Protein: 6.89g (13.78%), Vitamin C: 246.93mg (299.31%), Vitamin A: 6101.66IU (122.03%), Vitamin K: 110.32µg (105.07%), Vitamin B6: 0.72mg (36.21%), Folate: 118.47µg (29.62%), Vitamin E: 4.24mg (28.3%), Fiber: 5.75g (23.01%), Manganese: 0.39mg (19.7%), Potassium: 682.32mg (19.49%), Vitamin B2: 0.28mg (16.61%), Vitamin B3: 2.29mg (11.43%), Magnesium: 42.22mg (10.56%), Vitamin B1: 0.15mg (10.19%), Phosphorus: 89.26mg (8.93%), Iron: 1.57mg (8.71%), Vitamin B5: 0.74mg (7.39%), Zinc: 0.8mg (5.33%), Copper: 0.11mg (5.3%), Calcium: 40.38mg (4.04%)