



WHATSheATE



HEALTH SCORE

67%

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



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 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

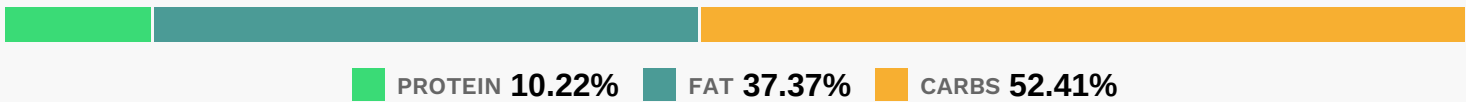
Equipment

- ☐ 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:27.88, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:19.232608603395%

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: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 226.71kcal (11.34%), Fat: 9.83g (15.13%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 27.07g (9.84%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 273.99mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin C: 138.07mg (167.35%), Vitamin K: 106.15µg (101.1%), Vitamin A: 3438.79IU (68.78%), Vitamin B6: 0.48mg (23.83%), Folate: 79.35µg (19.84%), Vitamin E: 2.9mg (19.34%), Fiber: 3.97g (15.87%), Manganese: 0.3mg (14.94%), Potassium: 502.87mg (14.37%), Vitamin B2: 0.21mg (12.36%), Magnesium: 32.02mg (8%), Vitamin B3: 1.45mg (7.27%), Vitamin B1: 0.11mg (7.13%), Phosphorus: 67.14mg (6.71%), Iron: 1.2mg (6.68%), Vitamin B5: 0.47mg (4.7%), Copper: 0.09mg (4.58%), Zinc: 0.59mg (3.91%), Calcium: 34.43mg (3.44%)