



Grilled Panzanella with Arugula, Burrata, Summer Squash, and Olives

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 6 cups baby arugula
- ☐ 6 ounce bread whole-wheat
- ☐ 4 ounces burrata cheese divided sliced into 4 smaller pieces
- ☐ 1 garlic clove halved
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 0.3 cup olives black pitted halved
- ☐ 3 tablespoons olive oil divided

- ☐ 0.3 teaspoon pepper divided freshly ground
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 pound summer squash quartered

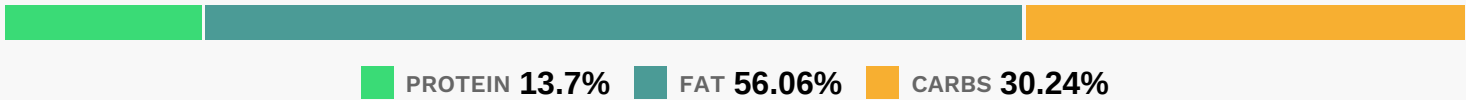
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat grill (or grill pan) to medium.
- ☐ Brush squash and bread with 1 tablespoon olive oil; season with half of the salt and pepper.
- ☐ Add squash and bread to grill; cook, turning occasionally, until squash is tender and bread is charred (4–6 minutes). Rub bread with cut side of garlic clove.
- ☐ In a large bowl, combine remaining 2 tablespoons olive oil, remaining salt and pepper, and vinegar; whisk well.
- ☐ Cut squash and tear bread into 1-inch pieces; toss in dressing with arugula and olives. Divide salad among 6 plates, and top each with 4 pieces of burrata.
- ☐ Drizzle with additional olive oil and sprinkle with sea salt, if desired.
- ☐ Note: The sum of constituent fats (saturated, monounsaturated, polyunsaturated) may not always equal the total-fat value.

Nutrition Facts



Properties

Glycemic Index:30.78, Glycemic Load:7.97, Inflammation Score:-7, Nutrition Score:10.87695646286%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 213.49kcal (10.67%), Fat: 14.14g (21.76%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 14.67g (5.33%), Sugar: 3.73g (4.15%), Cholesterol: 13.42mg (4.47%), Sodium: 326.09mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin K: 29.89µg (28.47%), Manganese: 0.55mg (27.74%), Vitamin C: 16.08mg (19.49%), Calcium: 183.42mg (18.34%), Folate: 65.62µg (16.4%), Vitamin A: 781.27IU (15.63%), Selenium: 8.5µg (12.15%), Vitamin B2: 0.2mg (11.59%), Vitamin B6: 0.22mg (10.95%), Vitamin B1: 0.16mg (10.93%), Vitamin B3: 2.03mg (10.16%), Fiber: 2.5g (10.01%), Vitamin E: 1.45mg (9.69%), Iron: 1.67mg (9.29%), Potassium: 318.38mg (9.1%), Magnesium: 34.86mg (8.72%), Phosphorus: 77.02mg (7.7%), Copper: 0.11mg (5.27%), Vitamin B5: 0.44mg (4.42%), Zinc: 0.62mg (4.12%)