



Grilled Southern Panzanella Salad

READY IN



105 min.

SERVINGS



6

CALORIES



509 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter melted
- 12 ounce buttermilk cornbread mix
- 1 tablespoon dijon mustard
- 6 servings parsley leaves fresh chopped for garnish
- 2 tablespoons parsley leaves fresh chopped
- 1 bell pepper green cut into wedges, seeds and membranes removed
- 1 teaspoon ground pepper black
- 3 tablespoons juice of lemon fresh
- 2 tablespoons mayonnaise

- 2 tablespoons olive oil
- 3 tablespoons olive oil extra-virgin
- 1 bell pepper red cut into wedges, seeds and membranes removed
- 0.5 teaspoon salt
- 6 servings salt and freshly cracked pepper black
- 1 large onion sweet cut into 1/2-inch-thick rings
- 3 large tomatoes diced seeded
- 1 bell pepper yellow cut into wedges, seeds and membranes removed
- 2 baby squash yellow 1-inch-thick cut into slices
- 1 zucchini 1-inch-thick cut into slices

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- grill
- cutting board

Directions

- Preheat the oven to 400 degrees F. Lightly grease a 9 by 9-inch baking pan.
- Prepare the cornbread mixes according to package directions.
- Pour the combined batter into the prepared pan.
- Bake according to the directions on the box or until a wooden pick inserted in center comes out clean. Cool completely. Invert the cornbread onto a cutting board.
- Cut the cornbread into 1/2-inch cubes and arrange them in a single layer on a rimmed baking sheet.

- Drizzle with melted butter, tossing gently to coat.
- Bake, stirring every 10 minutes, until the cornbread is toasted, about 20 to 25 minutes. Set aside to cool.
- Preheat the grill to medium-high heat.
- Combine the onion, peppers, squash, and zucchini in a large bowl.
- Add the olive oil and toss gently to coat. Season with salt and pepper, to taste. Arrange the onion slices on the preheated grill, cover with the grill lid, and cook for 3 minutes per side.
- Remove the onions from the grill, chop and set aside. Arrange the pepper wedges on the grill, cover with the grill lid, and cook for 8 minutes per side. Chop the peppers, and set aside. Arrange the squash and zucchini on the grill, cover with the grill lid, and cook for 2 minutes per side. Chop the squash, and set aside.
- In a large bowl, combine all the chopped vegetables, tomatoes, and cornbread squares,
- Add the Lemon Vinaigrette and toss gently to coat.
- Garnish with chopped fresh parsley leaves and serve immediately.
- In a small bowl, whisk together lemon juice, parsley, mustard, mayonnaise, pepper, and salt. Gradually whisk in the oil until combined. Cover and chill until ready to use.

Nutrition Facts



■ **PROTEIN 5.67%**
■ **FAT 52.31%**
■ **CARBS 42.02%**

Properties

Glycemic Index:59.17, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:25.664782360682%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Apigenin: 11.5mg, Apigenin: 11.5mg, Apigenin: 11.5mg, Apigenin: 11.5mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 509.24kcal (25.46%), Fat: 30.38g (46.74%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 47.28g (17.19%), Sugar: 20.56g (22.85%), Cholesterol: 23.16mg (7.72%), Sodium: 985.99mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin C: 119.86mg (145.28%), Vitamin K: 119.33µg (113.64%), Vitamin A: 2443.42IU (48.87%), Phosphorus: 375.26mg (37.53%), Folate: 132.47µg (33.12%), Manganese: 0.63mg (31.49%), Fiber: 7.64g (30.57%), Vitamin B6: 0.56mg (27.99%), Vitamin B1: 0.38mg (25.63%), Potassium: 769.25mg (21.98%), Vitamin E: 3.21mg (21.4%), Vitamin B2: 0.35mg (20.36%), Vitamin B3: 3.54mg (17.69%), Iron: 2.89mg (16.05%), Magnesium: 57.44mg (14.36%), Copper: 0.24mg (11.89%), Calcium: 86.86mg (8.69%), Vitamin B5: 0.75mg (7.53%), Zinc: 1.05mg (7%), Selenium: 4.81µg (6.87%), Vitamin B12: 0.07µg (1.21%)