



## Italian Bread Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

## Ingredients

- 0.8 cup basil packed
- 1 tablespoon capers drained chopped
- 1 cup celery stalks thinly sliced
- 0.5 cucumber seedless
- 0.8 cup flat parsley packed
- 0.5 cup kalamata olives pitted chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup red-wine vinegar

0.5 cup spring onion chopped

## Equipment

frying pan

oven

## Directions

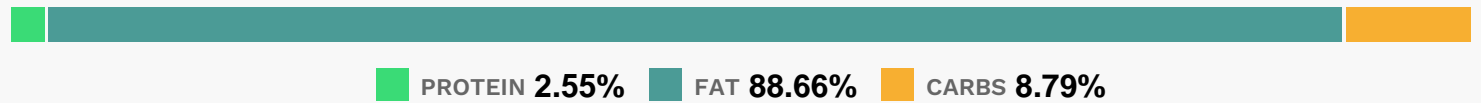
Preheat oven to 300°F with rack in middle.

Spread out bread in a 4-sided sheet pan and toast in oven, stirring occasionally, until pale golden, 20 to 25 minutes. Cool completely.

While bread cools, halve cucumber lengthwise, then core and thinly slice.

Toss together bread, cucumber, remaining ingredients, 1/4 tsp salt, and 1/2 tsp pepper and let stand, tossing occasionally, 30 minutes. Season with additional oil, vinegar, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:27.67, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:8.8413043423839%

## Flavonoids

Apigenin: 16.65mg, Apigenin: 16.65mg, Apigenin: 16.65mg, Apigenin: 16.65mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 136.75kcal (6.84%), Fat: 13.88g (21.36%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 233.08mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 169.44µg (161.37%), Vitamin A: 1021.02IU (20.42%), Vitamin C: 13.41mg (16.26%), Vitamin E: 2.35mg (15.65%), Folate: 27.23µg (6.81%), Iron: 0.98mg (5.43%), Fiber: 1.32g (5.28%), Manganese: 0.1mg (5.12%), Potassium: 163.18mg (4.66%), Calcium: 39.49mg (3.95%), Magnesium: 14.51mg (3.63%), Copper: 0.07mg (3.26%), Vitamin B2: 0.04mg (2.16%), Vitamin B6: 0.04mg (2.14%), Phosphorus: 20.53mg (2.05%), Vitamin B1: 0.02mg (1.66%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.22mg (1.47%), Vitamin B3: 0.28mg (1.41%)