



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

☐ 0.5 cup scallion chopped

Equipment

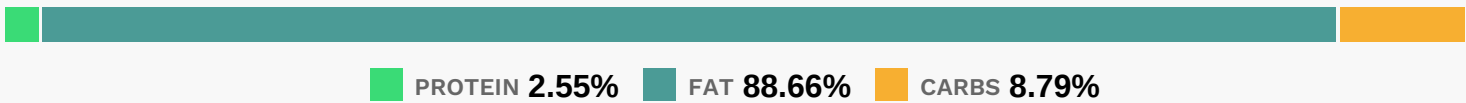
☐ frying pan

☐ 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%)