



Italian Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

- 0.3 cup basil dried fresh chopped
- 10 slices bread crumbs italian 1-inch-thick stale cut into 1-inch cubes ()
- 0.3 cup oregano dried fresh chopped
- 6 plum tomatoes chopped
- 1 small onion chopped
- 8 servings balsamic vinaigrette

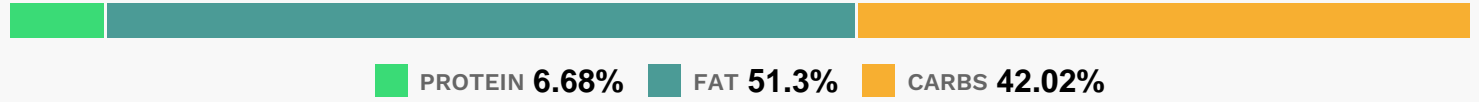
Equipment

- bowl

Directions

- Combine first 5 ingredients in a large bowl; add Balsamic Dressing, tossing gently.
- Let stand 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:4.6252173684213%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 161.18kcal (8.06%), Fat: 9.37g (14.41%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 14.95g (5.44%), Sugar: 9.63g (10.7%), Cholesterol: 0mg (0%), Sodium: 105.03mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin K: 16.17µg (15.4%), Fiber: 2.32g (9.27%), Vitamin C: 7.56mg (9.16%), Vitamin A: 452.7IU (9.05%), Manganese: 0.15mg (7.71%), Vitamin B3: 1.49mg (7.47%), Folate: 29.4µg (7.35%), Iron: 1.26mg (6.97%), Potassium: 205.64mg (5.88%), Vitamin B1: 0.06mg (4.1%), Magnesium: 15.27mg (3.82%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.07mg (3.53%), Calcium: 33.19mg (3.32%), Phosphorus: 27.04mg (2.7%), Vitamin B2: 0.04mg (2.56%), Copper: 0.05mg (2.26%), Zinc: 0.2mg (1.33%)