



Marinated Tomato-Cucumber Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

285 kcal

SIDE DISH

Ingredients

- ☐ 6 slices crusty artisan sourdough bread
- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 0.5 cup basil leaves fresh loosely packed thinly sliced see how-to below
- ☐ 1 pt grape tomatoes halved
- ☐ 0.5 cup onions red thinly sliced
- ☐ 4 medium size tomatoes ripe chopped
- ☐ 8 servings red wine vinaigrette

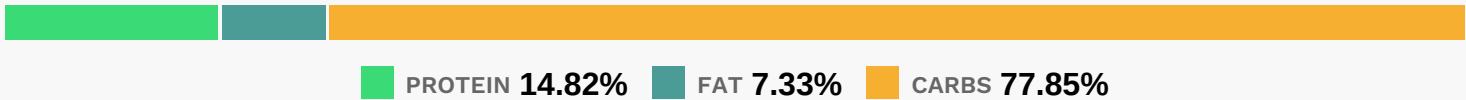
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Cut bread into 1-inch cubes (about 2 1/2 cups), and place on a jelly-roll pan.
- ☐ Bake 5 to 7 minutes or until lightly toasted.
- ☐ Transfer bread to a wire rack, and cool completely (about 10 minutes).
- ☐ Toss together 4 medium-size ripe tomatoes, chopped; grape tomato halves; and next 3 ingredients in a large bowl. Toss in 1/3 cup Red Wine Vinaigrette.
- ☐ Let stand 10 minutes. Toss in bread cubes.
- ☐ Let stand 15 minutes.
- ☐ How To Chiffonade
- ☐ Stack several basil leaves together; roll the stacked leaves lengthwise.
- ☐ Slice the roll into thin strips.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:21.29, Inflammation Score:-9, Nutrition Score:13.441739061604%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 284.59kcal (14.23%), Fat: 1.46g (2.25%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 32.08g (11.67%), Sugar: 7.08g (7.86%), Cholesterol: 0mg (0%), Sodium: 301.83mg (13.12%), Alcohol: 15.58g (100%), Alcohol %: 5.61% (100%), Protein: 6.65g (13.31%), Manganese: 0.63mg (31.58%), Vitamin B1: 0.41mg (27.05%), Vitamin C: 18.34mg (22.23%), Vitamin A: 1105.34IU (22.11%), Folate: 85.04µg (21.26%), Selenium: 14.1µg (20.15%), Vitamin K: 18.53µg (17.65%), Vitamin B3: 3.39mg (16.97%), Iron: 3mg (16.68%), Vitamin B2: 0.28mg (16.68%), Potassium: 581.98mg (16.63%), Vitamin B6: 0.26mg (12.94%), Magnesium: 51.25mg (12.81%), Phosphorus: 122.18mg (12.22%), Fiber: 2.87g (11.49%), Copper: 0.19mg (9.39%), Zinc: 0.98mg (6.55%), Calcium: 57.26mg (5.73%), Vitamin E: 0.77mg (5.16%), Vitamin B5: 0.39mg (3.88%)