



Mid-Summer Italian Bread Salad



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 2 cups basil fresh chopped
- ☐ 0.1 cup thyme leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 1 clove garlic minced
- ☐ 1 pound bread italian
- ☐ 0.3 cup olive oil

- ☐ 1 cup onion red chopped
- ☐ 1 cup tomatoes chopped

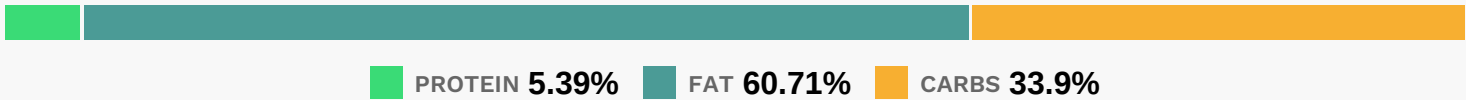
Equipment

- ☐ bowl

Directions

- ☐ Rub a peeled clove of garlic around a wooden salad bowl.
- ☐ Pull apart or chop the bread into bite-size pieces.
- ☐ In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme.
- ☐ Add enough olive oil and vinegar to lightly coat, toss and serve.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:8.7826087617356%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 528.17kcal (26.41%), Fat: 35.87g (55.18%), Saturated Fat: 15.79g (98.67%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 41.25g (15%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 285.2mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 42.3µg (40.29%), Vitamin B3: 3.68mg (18.42%), Folate: 65.41µg (16.35%), Fiber: 3.83g (15.33%), Vitamin A: 689.99IU (13.8%), Iron: 2.28mg (12.68%), Vitamin C: 9.34mg (11.32%), Manganese: 0.21mg (10.53%), Vitamin E: 1.51mg (10.05%), Potassium: 331.37mg (9.47%), Vitamin B1: 0.14mg (9.29%), Magnesium: 28.42mg (7.11%), Vitamin B2: 0.1mg (5.71%), Phosphorus: 54.34mg (5.43%), Vitamin B6: 0.09mg (4.56%), Copper: 0.08mg (4.06%), Calcium: 33.02mg (3.3%), Zinc: 0.37mg (2.49%), Vitamin

B5: 0.13mg (1.35%)