



Panettone Panzanella with Pancetta and Brussels Sprouts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 8 tablespoons apple cider ()
- ☐ 0.3 cup apple cider vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pound brussels sprouts trimmed quartered
- ☐ 0.3 cup butter ()
- ☐ 8 servings sea salt (preferably gray crystals)
- ☐ 1 tablespoon sage fresh chopped

- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 2 garlic cloves finely chopped
- ☐ 6 ounce apples i use 2 granny smith apples cored quartered cut into 1/2-inch-thick slices
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 12 ounces thick pancetta italian cut into 2x1/8-inch strips (bacon)
- ☐ 6 tablespoons parmesan cheese finely grated
- ☐ 10 ounce radicchio thinly cored halved thinly sliced
- ☐ 0.3 cup shallots finely chopped

Equipment

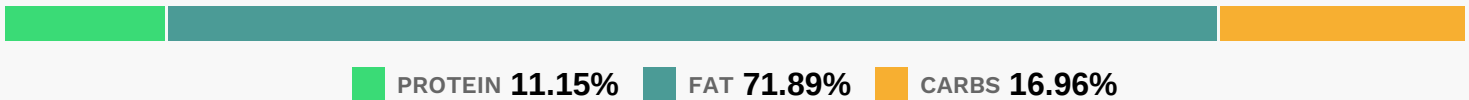
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Melt butter in heavy medium skillet over medium-high heat.
- ☐ Add apple slices and sauté until golden brown, turning occasionally, about 6 minutes. Cover; cook until very tender, about 1 minute.
- ☐ Transfer apple slices and pan juices to blender and cool.
- ☐ Add oil, vinegar, and shallots. Blend until smooth.
- ☐ Add cider, 2 tablespoons at a time, blending to pourable consistency. Season vinaigrette with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.
- ☐ Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Place panettone in large bowl. Melt butter in small skillet over medium heat.

- ☐ Add garlic, sage, and thyme. Sauté until fragrant, about 1 minute.
- ☐ Pour butter mixture over panettone; toss to coat.
- ☐ Add cheese and sprinkle with salt and pepper; toss.
- ☐ Spread cubes on prepared sheet.
- ☐ Bake croutons until pale golden, stirring occasionally, about 6 minutes. Cool on baking sheet up to 6 hours.
- ☐ Place radicchio in large bowl of water and ice. Chill at least 1 hour and up to 3 hours.
- ☐ Sauté pancetta in large skillet over medium heat until crisp; transfer to paper towels to drain. Cook brussels sprouts in large saucepan of boiling salted water until tender, about 7 minutes; drain. DO AHEAD: Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Combine croutons, pancetta, and brussels sprouts in large bowl.
- ☐ Drain radicchio very well and add to salad.
- ☐ Add enough vinaigrette to coat, tossing to blend well.
- ☐ Transfer salad to large shallow bowl.
- ☐ Sprinkle with pomegranate seeds, if desired.
- ☐ *A sweet, fruit-filled egg bread;available at specialty foods stores, Italian markets, and many bakeries.

Nutrition Facts



Properties

Glycemic Index:41.47, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:20.930869465289%

Flavonoids

Cyanidin: 45.34mg, Cyanidin: 45.34mg, Cyanidin: 45.34mg, Cyanidin: 45.34mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 13.91mg, Luteolin: 13.91mg, Luteolin: 13.91mg, Luteolin: 13.91mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 328.71kcal (16.44%), Fat: 26.76g (41.16%), Saturated Fat: 10.35g (64.67%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 10.79g (3.92%), Sugar: 5.75g (6.39%), Cholesterol: 46.58mg (15.53%), Sodium: 610.99mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Vitamin K: 193.61µg (184.39%), Copper: 2.47mg (123.74%), Vitamin C: 53.77mg (65.17%), Manganese: 0.42mg (21.09%), Selenium: 11.38µg (16.26%), Vitamin B6: 0.31mg (15.45%), Phosphorus: 150.74mg (15.07%), Folate: 59.7µg (14.93%), Vitamin B1: 0.22mg (14.57%), Potassium: 500.89mg (14.31%), Vitamin E: 2.1mg (14%), Vitamin A: 698.82IU (13.98%), Fiber: 3.42g (13.66%), Vitamin B3: 2.29mg (11.45%), Iron: 1.55mg (8.62%), Calcium: 82.32mg (8.23%), Zinc: 1.21mg (8.05%), Magnesium: 30.51mg (7.63%), Vitamin B2: 0.12mg (7.33%), Vitamin B5: 0.58mg (5.76%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.19µg (1.26%)