



## Panzanella

READY IN



45 min.

SERVINGS



10

CALORIES



494 kcal

SIDE DISH

## Ingredients

- 0.5 pound baby arugula
- 1 teaspoon balsamic vinegar
- 15 ounce .5 can cannellini beans drained and rinsed well canned
- 1 pound ciabatta bread italian cut into 1-inch cubes
- 1 fennel bulb thinly sliced
- 0.5 cup basil leaves fresh loosely packed
- 1 teaspoon rosemary fresh chopped
- 1 garlic clove minced
- 0.5 pound grape tomatoes red halved

- 0.5 pound grape tomatoes yellow halved
- 10 servings kosher salt
- 1 tablespoon juice of lemon fresh
- 1 cup olive oil extra-virgin divided
- 10 servings pecorino cheese crumbled
- 1 small onion red finely chopped
- 1 teaspoons pepper flakes dried red crushed
- 2 tablespoons red wine vinegar
- 0.3 cup shallots finely chopped
- 10 servings pepper white freshly ground

## Equipment

- frying pan
- baking sheet
- oven
- whisk

## Directions

- Toss bread cubes with 1/4 cup olive oil to coat.
- Place on a lightly greased baking sheet.
- Bake at 350 for 15 to 20 minutes, stirring occasionally. Set aside.
- Whisk together 6 tablespoons olive oil, red wine vinegar, balsamic vinegar, shallots, and basil.
- Pour over tomatoes. Season with salt and pepper to taste.
- Let stand 1 hour.
- Saut red onion, garlic, red pepper flakes, and rosemary in 1/4 cup olive oil in a large skillet over medium-high heat 2 to 3 minutes or until crisp-tender. Stir in beans, and cook until thoroughly heated. Season to taste with salt and pepper. Set aside.
- Combine remaining 2 tablespoons olive oil and lemon juice; pour over fennel.
- Toss together croutons, marinated tomatoes, bean mixture, fennel, and arugula.

Sprinkle with crumbled pecorino, and serve.

## Nutrition Facts

**PROTEIN 14.5%** **FAT 52.01%** **CARBS 33.49%**

### Properties

Glycemic Index:41.8, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:17.148260676343%

### Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

### Nutrients (% of daily need)

Calories: 494.18kcal (24.71%), Fat: 28.93g (44.5%), Saturated Fat: 14.55g (90.94%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 35.64g (12.96%), Sugar: 18g (20%), Cholesterol: 31.2mg (10.4%), Sodium: 749.85mg (32.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.29%), Vitamin K: 52.78µg (50.27%), Calcium: 416.48mg (41.65%), Phosphorus: 330.31mg (33.03%), Manganese: 0.54mg (26.83%), Fiber: 6.26g (25.05%), Folate: 98.93µg (24.73%), Vitamin A: 1195.35IU (23.91%), Iron: 3.58mg (19.9%), Potassium: 654.7mg (18.71%), Vitamin C: 15.04mg (18.23%), Magnesium: 66.89mg (16.72%), Vitamin B3: 2.67mg (13.34%), Vitamin B2: 0.21mg (12.54%), Zinc: 1.66mg (11.07%), Vitamin E: 1.6mg (10.65%), Vitamin B1: 0.16mg (10.36%), Copper: 0.2mg (10.16%), Vitamin B6: 0.17mg (8.37%), Selenium: 5.54µg (7.91%), Vitamin B12: 0.34µg (5.6%), Vitamin B5: 0.44mg (4.38%)