



Panzanella

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- 0.5 crusty baguette whole-wheat cut into 8 (1/2-inch-thick) slices
- 8 basil
- 0.5 medium cucumber julienned cut into 1/4-inch cubes
- 3 tablespoon basil fresh
- 4 servings pepper black
- 3 large heirloom tomatoes chopped
- 1.5 tablespoon olive oil
- 0.3 cup onion red thinly sliced

3 tablespoon red wine vinegar

4 servings sea salt

Equipment

bowl

Directions

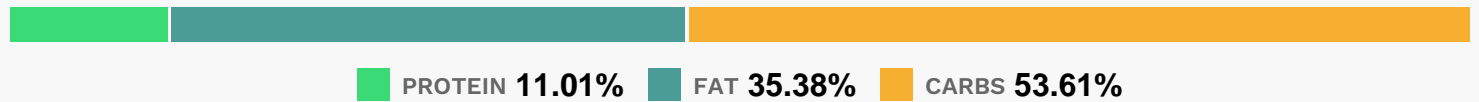
Toss first 6 ingredients in a bowl; season with salt and pepper; let stand 30 minutes.

Drizzle 1 tablespoon liquid from mixture over bread; broil each side until golden; top with 2 tablespoon tomato mixture.

Garnish with basil leaves.

Self

Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:12, Inflammation Score:-8, Nutrition Score:10.431739195533%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 161.85kcal (8.09%), Fat: 6.44g (9.91%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 19.27g (7.01%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 395.76mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 1277.21IU (25.54%), Vitamin K: 26.44µg (25.18%), Vitamin C: 20.71mg (25.11%), Manganese: 0.38mg (18.83%), Vitamin B1: 0.25mg (16.38%), Folate: 60.91µg (15.23%), Potassium: 423.62mg (12.1%), Vitamin B3: 2.27mg (11.36%), Fiber: 2.7g (10.81%), Vitamin E: 1.61mg (10.75%), Iron: 1.69mg (9.37%), Vitamin B6: 0.17mg (8.52%), Vitamin B2: 0.14mg (8.07%), Selenium: 5.46µg (7.8%), Copper: 0.15mg (7.58%), Magnesium: 29.25mg (7.31%), Phosphorus: 72.97mg (7.3%), Calcium: 57.64mg (5.76%), Zinc: 0.56mg (3.75%), Vitamin B5: 0.32mg (3.18%)