



HEALTH SCORE

68%

Panzanella



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

SIDE DISH

Ingredients

- ☐ 5 cups unseasoned bread cubes whole wheat
- ☐ 0.5 cup basil leaves fresh
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup oil-cured olives pitted coarsely chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan shaved
- ☐ 0.3 cup parsley minced
- ☐ 1 large onion red cut into 1/2-inch dice

- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 6 large tomatoes ripe cut into wedges

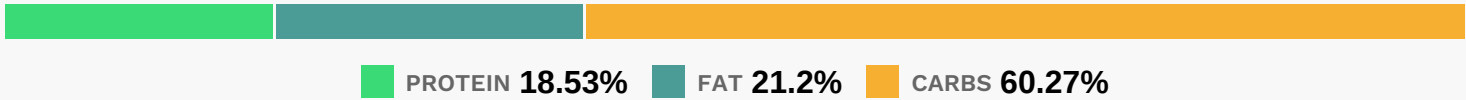
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Dry the bread in a 350 F oven on a cookie sheet for 15 minutes or until lightly browned, stirring occasionally. In a large bowl, whisk together the olive oil, vinegar, lemon juice, parsley, and salt. Fold in the bread, tomatoes, onion, olives, and basil. Toss with the Parmesan.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:40, Inflammation Score:-9, Nutrition Score:29.968695597156%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 470.37kcal (23.52%), Fat: 11.18g (17.21%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 71.56g (23.85%), Net Carbohydrates: 60.42g (21.97%), Sugar: 11g (12.22%), Cholesterol: 4.25mg (1.42%), Sodium: 1051.71mg (45.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.99%), Manganese: 3.36mg (167.83%), Vitamin K: 61.2µg (58.28%), Selenium: 39.72µg (56.74%), Fiber: 11.13g (44.52%), Vitamin B1: 0.64mg (42.88%), Phosphorus: 397.07mg (39.71%), Vitamin B3: 7.46mg (37.3%), Calcium: 342.49mg (34.25%), Magnesium: 136.58mg (34.15%), Vitamin C: 25.47mg (30.87%), Vitamin A: 1461.26IU (29.23%), Iron: 4.5mg (24.97%), Vitamin B6: 0.46mg (23.05%), Folate: 91.28µg (22.82%), Copper: 0.44mg (22.14%), Potassium: 748.18mg (21.38%), Zinc: 3.07mg (20.48%), Vitamin B2: 0.3mg (17.68%), Vitamin E: 2.3mg (15.33%), Vitamin B5: 1.2mg (12.04%), Vitamin B12: 0.08µg (1.25%)