



## Panzanella



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

## Ingredients

- ☐ 6 servings basil sprigs fresh for garnish
- ☐ 0.3 cup capers drained
- ☐ 12 ounces ciabatta bread white country-style
- ☐ 0.5 cup basil leaves fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted halved lengthwise
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar

- ☐ 1 cup roasted bell pepper strips red drained
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 9 tomatoes cored ripe

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

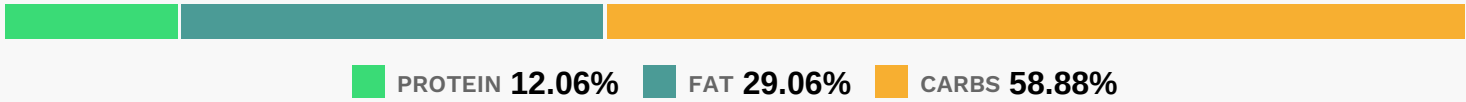
## Directions

- ☐ Soak the capers in 2 tablespoons of vinegar in a small bowl for 10 minutes.
- ☐ Drain.
- ☐ Cut the crust off of the bread.
- ☐ Cut into 2-inch slices and grill, drizzling about 2 tablespoons of olive oil on both sides of the bread. Once grilled, cut or tear bread into 1 inch cubes and set aside.
- ☐ Submerge the tomatoes into a large saucepan of boiling water for 10 seconds. Using a slotted spoon, transfer the tomatoes to a large bowl of ice water to cool slightly. Using a small sharp paring knife, peel off the tomato skins.
- ☐ Cut the tomatoes in half and scoop out the seeds.
- ☐ Cut the tomatoes into 1-inch cubes and set aside.
- ☐ In a large bowl, whisk 2/3 cup of the olive oil, 1/4 cup of vinegar, and garlic. Season with salt and pepper, to taste.
- ☐ Add the bread cubes, tomatoes, and basil; toss to combine.
- ☐ Transfer half of the bread mixture to a 13 by 9 by 2-inch dish.
- ☐ Arrange half of the roasted peppers, drained capers, and olives over the bread mixture. Repeat layering with the remaining bread mixture, then the remaining roasted peppers, capers, and olives. Cover the salad and let stand at room temperature for flavors to blend, at

least 1 hour.

☐ Garnish with the basil sprigs and serve.

## Nutrition Facts



## Properties

Glycemic Index:52.46, Glycemic Load:21.86, Inflammation Score:-9, Nutrition Score:16.963043212891%

## Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 9.74mg, Kaempferol: 9.74mg, Kaempferol: 9.74mg, Kaempferol: 9.74mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg

## Nutrients (% of daily need)

Calories: 244.45kcal (12.22%), Fat: 8.1g (12.46%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 32.59g (11.85%), Sugar: 7.96g (8.84%), Cholesterol: 0mg (0%), Sodium: 889.53mg (38.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin C: 37.34mg (45.26%), Vitamin A: 1902.55IU (38.05%), Vitamin K: 36.14µg (34.42%), Manganese: 0.66mg (32.92%), Folate: 98.94µg (24.74%), Vitamin B1: 0.37mg (24.43%), Vitamin B3: 4.02mg (20.12%), Selenium: 13.45µg (19.21%), Fiber: 4.32g (17.27%), Iron: 2.93mg (16.29%), Calcium: 162.27mg (16.23%), Potassium: 560.08mg (16%), Vitamin E: 2.11mg (14.03%), Copper: 0.26mg (13.11%), Vitamin B6: 0.26mg (12.87%), Phosphorus: 117.53mg (11.75%), Vitamin B2: 0.19mg (11.32%), Magnesium: 44.25mg (11.06%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.49mg (4.93%)