



WHATShEATE



Panzanella



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



72 kcal

SIDE DISH

Ingredients



20 large basil leaves coarsely chopped



0.3 teaspoon pepper black freshly ground



3 tablespoons capers drained



3 tablespoons champagne vinegar



1 hothouse cucumber unpeeled seeded sliced



0.5 teaspoon dijon mustard



1 small bread french cut into 1-inch cubes 6 cups



1 teaspoon garlic finely minced

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 3 tablespoons olive oil good
- ☐ 1 bell pepper red seeded cut into 1-inch cubes
- ☐ 0.5 onion red thinly sliced cut in 1/2 and
- ☐ 2 large tomatoes ripe cut into 1-inch cubes
- ☐ 1 bell pepper yellow seeded cut into 1-inch cubes

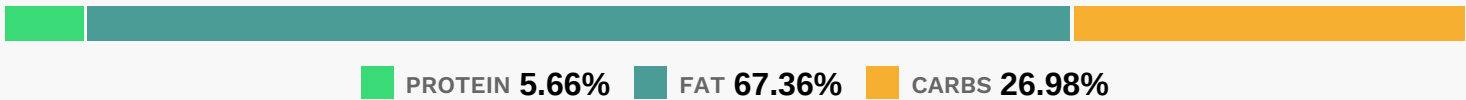
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large saute pan.
- ☐ Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned.
- ☐ Add more oil as needed.
- ☐ For the vinaigrette, whisk all the ingredients together.
- ☐ In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers.
- ☐ Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper.
- ☐ Serve, or allow the salad to sit for about half an hour for the flavors to blend.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:5.4265217055445%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 71.58kcal (3.58%), Fat: 5.55g (8.54%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 367.69mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 36.49mg (44.23%), Vitamin A: 639.42IU (12.79%), Vitamin K: 11.24µg (10.71%), Vitamin E: 1.12mg (7.48%), Manganese: 0.12mg (5.87%), Folate: 20.28µg (5.07%), Vitamin B6: 0.1mg (4.79%), Potassium: 163.86mg (4.68%), Fiber: 1.07g (4.29%), Vitamin B1: 0.05mg (3.31%), Copper: 0.07mg (3.29%), Magnesium: 11.51mg (2.88%), Vitamin B3: 0.53mg (2.66%), Iron: 0.45mg (2.52%), Phosphorus: 23.16mg (2.32%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.15mg (1.54%), Selenium: 0.99µg (1.41%), Calcium: 13.97mg (1.4%), Zinc: 0.19mg (1.26%)