



Panzanella



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



745 kcal

SIDE DISH

Ingredients

- ☐ 4 cups reese's pieces peanut butter pastel eggs italian
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes cut into bite-size pieces (2 cups)

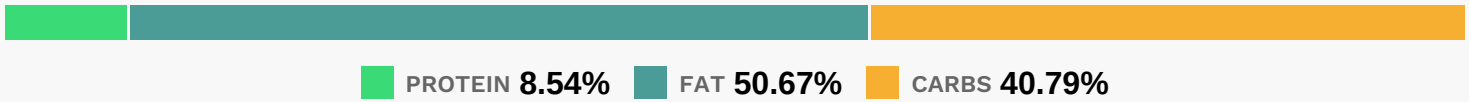
Equipment

- ☐ bowl

Directions

- ☐ In large glass or plastic bowl, mix bread, tomatoes, garlic, bell pepper, basil and parsley.
- ☐ In tightly covered container, shake remaining ingredients.
- ☐ Pour over bread mixture; toss gently until bread is evenly coated.
- ☐ Cover and refrigerate at least 1 hour until bread is softened and flavors are blended but no longer than 8 hours. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:37.7, Inflammation Score:-7, Nutrition Score:19.819130633188%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 744.66kcal (37.23%), Fat: 43.23g (66.51%), Saturated Fat: 22.24g (139%), Carbohydrates: 78.31g (26.1%), Net Carbohydrates: 73.54g (26.74%), Sugar: 68.38g (75.97%), Cholesterol: 0mg (0%), Sodium: 441.35mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.79%), Manganese: 1.5mg (74.9%), Vitamin K: 47.18µg (44.93%), Vitamin B3: 7.99mg (39.97%), Vitamin C: 27.93mg (33.86%), Magnesium: 119.33mg (29.83%), Copper: 0.57mg (28.29%), Phosphorus: 277.76mg (27.78%), Vitamin E: 3.3mg (22.03%), Folate: 80.54µg (20.13%), Fiber: 4.77g (19.08%), Potassium: 608.57mg (17.39%), Vitamin B2: 0.29mg (17.29%), Vitamin B1: 0.26mg (17.24%), Vitamin A: 616.38IU (12.33%), Vitamin B6: 0.24mg (12.1%), Zinc: 1.58mg (10.55%), Calcium: 99.8mg (9.98%), Vitamin B5: 0.84mg (8.4%), Iron: 1.05mg (5.81%), Vitamin B12: 0.14µg (2.3%), Selenium: 1.15µg (1.65%)