



Panzanella



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 4 cups oz. bacon into pieces italian
- ☐ 2 medium tomatoes cut into bite-size pieces (2 cups)
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup bell pepper green coarsely chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper

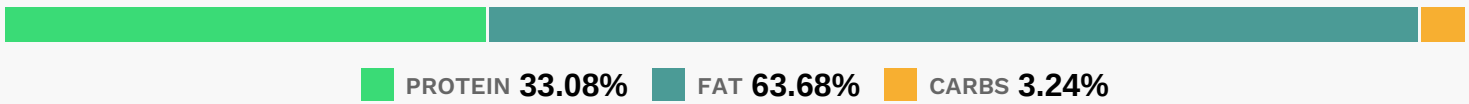
Equipment

- ☐ 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:35.33, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:6.0030434863723%

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: 390.7kcal (19.53%), Fat: 28.27g (43.49%), Saturated Fat: 12.46g (77.86%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.7g (1.89%), Cholesterol: 107.65mg (35.88%), Sodium: 2458.2mg (106.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.09%), Vitamin K: 39.79µg (37.89%), Vitamin C: 27.93mg (33.86%), Vitamin E: 2.06mg (13.75%), Vitamin A: 616.38IU (12.33%), Manganese: 0.12mg (5.97%), Vitamin B6: 0.1mg (5.21%), Potassium: 158.62mg (4.53%), Fiber: 1.01g (4.04%), Folate: 11.6µg (2.9%), Copper: 0.05mg (2.59%), Iron: 0.43mg (2.4%), Magnesium: 9.04mg (2.26%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.4mg (2%), Phosphorus: 18.32mg (1.83%), Calcium: 13.32mg (1.33%), Vitamin B2: 0.02mg (1.07%)