



WHATSheATE



HEALTH SCORE

77%

Panzanella



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup chicken broth fat-free reduced-sodium
- ☐ 0.3 cup basil fresh packed
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup mozzarella balls mini quartered
- ☐ 4 cups whole-grain country bread cubed
- ☐ 0.5 onion red thinly sliced

- ☐ 1 cup roasted pepper red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds tomatoes chopped
- ☐ 0.3 cup turkey pepperoni thinly sliced

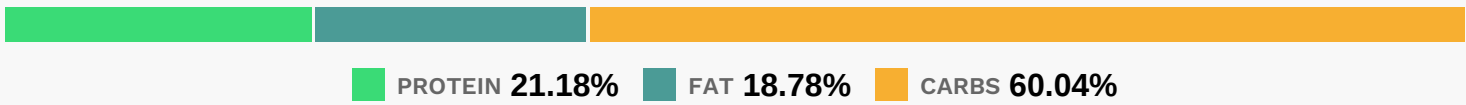
Equipment

- ☐ bowl

Directions

- ☐ Place bread, tomatoes, onion, broth and vinegar in a bowl; add salt and pepper. Stir to coat, breaking up bread cubes.
- ☐ Add mozzarella, red pepper and pepperoni; stir to coat. Refrigerate 1 hour before serving. Divide among 4 bowls; garnish with basil and thyme.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:82.92, Glycemic Load:64.51, Inflammation Score:-10, Nutrition Score:42.951739631269%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 760.76kcal (38.04%), Fat: 16.07g (24.72%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 115.62g (38.54%), Net Carbohydrates: 97.93g (35.61%), Sugar: 18.2g (20.23%), Cholesterol: 27.19mg (9.06%), Sodium: 2198.86mg (95.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.58%), Manganese: 5.44mg (271.9%), Selenium: 61.54µg (87.91%), Fiber: 17.7g (70.78%), Vitamin B1: 1.03mg (68.4%), Vitamin B3: 12.14mg (60.7%), Vitamin C: 49.43mg (59.92%), Phosphorus: 571.63mg (57.16%), Magnesium: 221.49mg (55.37%), Calcium: 527.09mg (52.71%), Vitamin A: 2189.39IU (43.79%), Iron: 7.6mg (42.24%), Vitamin K: 42.86µg (40.81%), Vitamin B6: 0.78mg

(38.88%), Copper: 0.76mg (38.21%), Potassium: 1288.95mg (36.83%), Folate: 143.6µg (35.9%), Zinc: 5.3mg (35.36%), Vitamin B2: 0.46mg (26.87%), Vitamin B5: 1.88mg (18.79%), Vitamin E: 2.52mg (16.79%)