



Panzanella Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

SIDE DISH

Ingredients

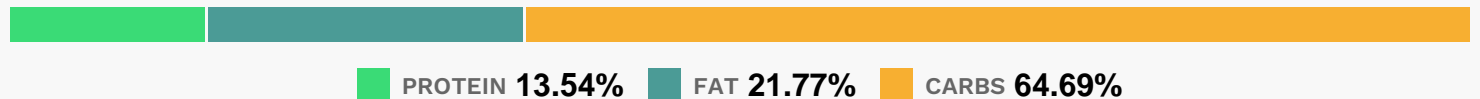
- 4 cups tomatoes cut into large chunks
- 4 cups top dry french italian hard cut into chunks the same size as the tomatoes* (somewhat and) (or loaf)
- 1 cucumber seeded cut into large chunks
- 0.5 onion red chopped
- 1 bunch basil fresh
- 0.3 cup olive oil extra virgin
- 6 servings salt and pepper to taste

Equipment

Directions

- Mix everything together and let marinate, covered, at room temperature for at least 30 minutes, up to 12 hours. Do not refrigerate or you will destroy the texture of the tomatoes.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:64.43, Inflammation Score:-8, Nutrition Score:25.127390820047%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 536.43kcal (26.82%), Fat: 13.11g (20.17%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 87.69g (29.23%), Net Carbohydrates: 82.51g (30%), Sugar: 10.98g (12.2%), Cholesterol: 0mg (0%), Sodium: 1149.86mg (49.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.69%), Vitamin B1: 1.18mg (78.45%), Selenium: 45.21µg (64.59%), Folate: 218.55µg (54.64%), Manganese: 1mg (50.19%), Vitamin B2: 0.71mg (41.67%), Vitamin B3: 8.23mg (41.17%), Iron: 6.66mg (36.99%), Vitamin K: 23.54µg (22.42%), Fiber: 5.19g (20.76%), Phosphorus: 203.36mg (20.34%), Vitamin C: 16.13mg (19.55%), Vitamin A: 933.96IU (18.68%), Magnesium: 69.17mg (17.29%), Copper: 0.34mg (17.14%), Vitamin E: 2.19mg (14.61%), Potassium: 505.41mg (14.44%), Vitamin B6: 0.29mg (14.34%), Zinc: 1.92mg (12.81%), Calcium: 103.63mg (10.36%), Vitamin B5: 0.75mg (7.49%)