



Panzanella Lunch

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

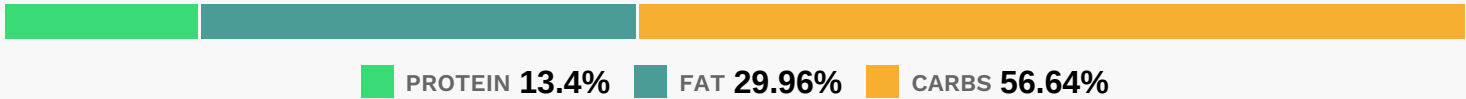
- ☐ 1 serving pepper black freshly ground
- ☐ 2 ounces bread toasted
- ☐ 1.5 cups cucumber coarsely chopped
- ☐ 0.5 TBSP feta cheese
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1.5 cups vine ripened tomato coarsely chopped

Equipment

Directions

- ☐ Cut the toasted bread into 1-inch pieces (you should have 2 cups).
- ☐ Transfer to a portable container.
- ☐ Add cucumber, red onion, tomatoes, and feta. Toss lightly.
- ☐ Sprinkle mixture with vinegar, oil, and pepper to taste. Toss again. Salad is best marinated, when tomato juices have run into the bread. Keep at room temperature up to 3 hours, or refrigerate up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:197.67, Glycemic Load:18.94, Inflammation Score:-9, Nutrition Score:23.71869573321%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 17.54mg, Quercetin: 17.54mg, Quercetin: 17.54mg, Quercetin: 17.54mg

Nutrients (% of daily need)

Calories: 330.19kcal (16.51%), Fat: 11.25g (17.3%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 40.11g (14.59%), Sugar: 15.27g (16.97%), Cholesterol: 7.57mg (2.52%), Sodium: 384.79mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.63%), Manganese: 1.2mg (60.08%), Vitamin C: 43.11mg (52.26%), Vitamin A: 2044.55IU (40.89%), Vitamin K: 39.05µg (37.19%), Folate: 127.59µg (31.9%), Fiber: 7.73g (30.93%), Potassium: 1010.27mg (28.86%), Vitamin B1: 0.43mg (28.5%), Selenium: 18.21µg (26.01%), Vitamin B6: 0.48mg (23.79%), Vitamin B3: 4.75mg (23.75%), Phosphorus: 221.88mg (22.19%), Magnesium: 82.16mg (20.54%), Copper: 0.39mg (19.71%), Vitamin B2: 0.33mg (19.34%), Iron: 3.42mg (18.99%), Calcium: 182.86mg (18.29%), Vitamin E: 2.27mg (15.14%), Vitamin B5: 1.32mg (13.25%), Zinc: 1.7mg (11.3%), Vitamin B12: 0.14µg (2.39%)