



 1%
HEALTH SCORE

Panzanella Salad

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil fresh packed chopped
- 0.5 cup basil fresh packed chopped
- 12 oz bread crumbs italian
- 0.5 cucumber seedless halved sliced
- 1.5 teaspoons garlic minced
- 5 tablespoons olive oil divided
- 12 plum tomatoes cut in half lengthwise
- 1 large onion red cut into 8 wedges

- 4 teaspoons red wine vinegar
- 8 servings salt and pepper to taste

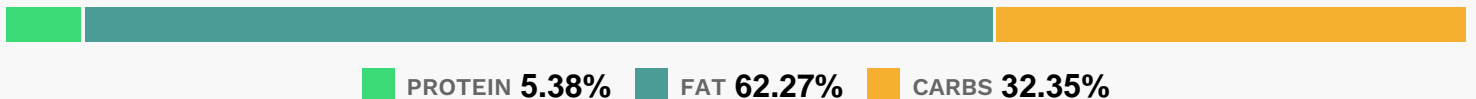
Equipment

- bowl
- grill

Directions

- Preheat grill to 350 to 400 (medium-high).
- Cut bread loaf into 8 (1-inch-thick) slices; cut slices in half, if desired.
- Drizzle tomatoes and onion with 2 Tbsp. oil, tossing to coat.
- Grill tomatoes and onion, covered with grill lid, over 350 to 400 (medium-high) heat 3 to 4 minutes on each side or until lightly charred.
- Coarsely chop grilled tomatoes and onion, and place in a medium bowl.
- Add 2 Tbsp. oil, cucumber, and next 3 ingredients. Season with salt and pepper to taste.
- Brush bread slices with remaining 1 Tbsp. olive oil. Grill, without grill lid, over 350 to 400 (medium-high) heat 1 to 2 minutes on each side or until lightly browned and toasted.
- Place grilled bread slices on individual serving plates; top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:7.7343479006187%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg 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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 341.69kcal (17.08%), Fat: 24g (36.93%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 25.06g (9.11%), Sugar: 16.5g (18.33%), Cholesterol: 0mg (0%), Sodium: 357.72mg (15.55%), Alcohol: 0g (100%), Protein: 4.67g (9.33%), Vitamin K: 28.2µg (26.86%), Vitamin A: 952.95IU (19.06%), Vitamin C: 15.01mg (18.2%), Vitamin B3: 2.53mg (12.66%), Vitamin E: 1.79mg (11.97%), Fiber: 2.99g (11.97%), Folate: 46.72µg (11.68%), Potassium: 372.53mg (10.64%), Manganese: 0.18mg (9.2%), Iron: 1.39mg (7.73%), Vitamin B1: 0.11mg (7.17%), Magnesium: 23.44mg (5.86%), Vitamin B6: 0.11mg (5.5%), Phosphorus: 49.28mg (4.93%), Copper: 0.08mg (4.08%), Vitamin B2: 0.07mg (4.04%), Zinc: 0.34mg (2.24%), Calcium: 22.15mg (2.21%), Vitamin B5: 0.16mg (1.58%)