



Panzanella Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons capers
- ☐ 3 tablespoons champagne vinegar
- ☐ 1 cucumber sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 loaf bread french cut into 1-inch cubes
- ☐ 1 bunch basil fresh coarsely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup olive oil

- ☐ 0.5 cup olive oil divided
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper red cut into 1-inch cubes
- ☐ 0.5 onion red halved thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 12 servings optional: salt and pepper to taste
- ☐ 2 to 3 tomatoes ripe cut into 1-inch cubes
- ☐ 1 bell pepper yellow cut into 1-inch cubes

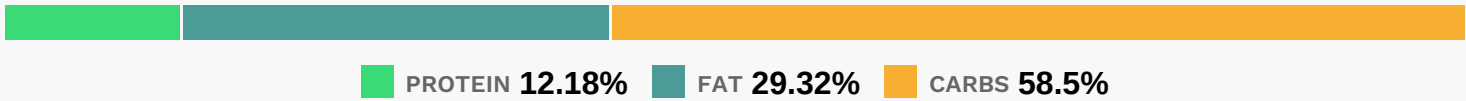
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat 2 tablespoons oil over low to medium heat in a large skillet.
- ☐ Add bread and salt to skillet; saute until deep golden, about 10 minutes, tossing frequently and adding remaining oil as needed.
- ☐ Drain on paper towels.
- ☐ Mix remaining ingredients except salt and pepper in a large salad bowl; add bread.
- ☐ Whisk together all Vinaigrette ingredients.
- ☐ Drizzle Salad with Vinaigrette and toss; add salt and pepper to taste, if desired.
- ☐ Let stand for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:13.85, Inflammation Score:-6, Nutrition Score:8.6299998967544%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 138.2kcal (6.91%), Fat: 4.57g (7.04%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 18.91g (6.88%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 745.57mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin C: 35.14mg (42.6%), Vitamin B1: 0.26mg (17.58%), Folate: 56.53µg (14.13%), Selenium: 9.76µg (13.94%), Manganese: 0.27mg (13.37%), Vitamin A: 557.51IU (11.15%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.95mg (9.75%), Vitamin K: 9.66µg (9.2%), Iron: 1.62mg (8.99%), Fiber: 1.63g (6.52%), Vitamin B6: 0.12mg (6.03%), Vitamin E: 0.89mg (5.92%), Copper: 0.11mg (5.34%), Phosphorus: 53mg (5.3%), Magnesium: 20.24mg (5.06%), Potassium: 176.46mg (5.04%), Zinc: 0.49mg (3.28%), Calcium: 29.03mg (2.9%), Vitamin B5: 0.25mg (2.48%)