

Panzanella Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons kalamata olives pitted coarsely chopped (8)
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 cup onion red thinly sliced
- ☐ 3 ounces sourdough bread cut into 1-inch cubes (2 [1 1/2-ounce] slices)

- ☐ 1 tomatoes cut into 1-inch pieces
- ☐ 0.3 cup citrus champagne vinegar

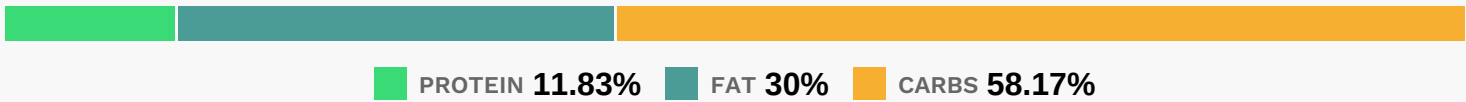
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place bread cubes in a jelly-roll pan; bake at 350 for 10 minutes or until crisp, stirring once. Cool completely.
- ☐ Combine vinegar and next 4 ingredients (through garlic) in a large bowl.
- ☐ Add bread cubes, onion, and remaining ingredients, tossing gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:6.5208695401316%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 128.91kcal (6.45%), Fat: 4.29g (6.6%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 17.02g (6.19%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 355.42mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin B1: 0.23mg (15.23%), Manganese: 0.28mg (14.05%), Selenium: 8.4µg (12%), Folate: 45.52µg (11.38%), Vitamin K: 11.01µg (10.49%), Vitamin C: 7.58mg (9.19%), Vitamin A:

434.18IU (8.68%), Vitamin B3: 1.66mg (8.32%), Iron: 1.46mg (8.13%), Vitamin B2: 0.14mg (8.03%), Fiber: 1.68g (6.71%), Vitamin E: 0.88mg (5.9%), Vitamin B6: 0.1mg (5.05%), Potassium: 176.51mg (5.04%), Phosphorus: 49.11mg (4.91%), Copper: 0.09mg (4.65%), Magnesium: 18.13mg (4.53%), Calcium: 31.89mg (3.19%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.17mg (1.65%)