

Panzanella Salad

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 10 basil leaves shredded
- ☐ 6 cups day old bread italian
- ☐ 1 cup mozzarella cheese fresh cut into bite-size pieces
- ☐ 3 cloves garlic minced
- ☐ 0.5 cup olives green pitted halved
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup onion red sliced

- ☐ 8 servings salt and pepper to taste
- ☐ 4 medium tomatoes ripe cut into wedges

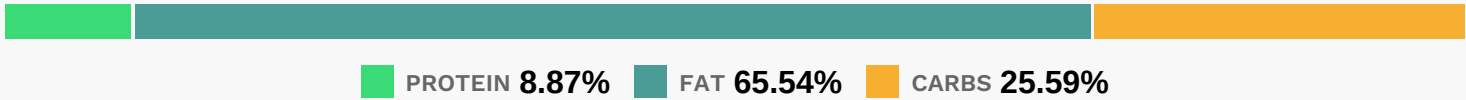
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, toss bread with 1/3 cup olive oil, salt, pepper, and garlic.
- ☐ Lay bread on a baking sheet, and toast in the preheated oven until golden, about 5 to 10 minutes; allow to cool slightly.
- ☐ While the bread is in the oven, whisk together 1/4 cup of olive oil and balsamic vinegar. Gently toss together the bread, tomatoes, onion, basil, olives, and mozzarella cheese. Toss with the vinaigrette and let stand for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:6.0439130378806%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 253.47kcal (12.67%), Fat: 18.73g (28.82%), Saturated Fat: 7g (43.75%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 14.41g (5.24%), Sugar: 9.54g (10.6%), Cholesterol: 11.06mg (3.69%), Sodium: 496.05mg (21.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin A: 666.87IU (13.34%), Vitamin C: 9.98mg (12.09%), Vitamin E: 1.66mg (11.07%), Vitamin K: 11.52µg (10.97%), Calcium: 88.88mg (8.89%), Fiber: 2.04g (8.15%), Phosphorus: 79.54mg (7.95%), Vitamin B3: 1.37mg (6.87%), Potassium: 237.98mg (6.8%), Folate: 26.91µg (6.73%), Manganese: 0.12mg (6.2%), Vitamin B12: 0.32µg (5.32%), Iron: 0.84mg (4.69%), Vitamin B1: 0.07mg (4.5%), Vitamin B2: 0.08mg (4.5%), Vitamin B6: 0.09mg (4.49%), Magnesium: 16.65mg (4.16%), Zinc: 0.61mg (4.03%), Selenium: 2.69µg (3.85%), Copper: 0.06mg (3.01%), Vitamin B5: 0.1mg (1.03%)