



Panzanella Salad with Bacon, Tomato, and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 8 ounce day-old bread french cut into 1-inch cubes
- 6 bacon crumbled cooked
- 2 teaspoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced

- 0.5 cup onion red vertically sliced
- 2 cups torn romaine lettuce
- 0.5 teaspoon salt
- 1.3 pounds tomatoes coarsely chopped

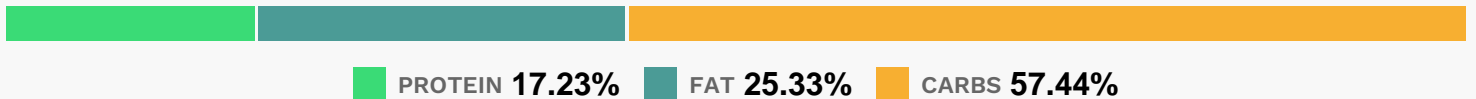
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 35
- Combine first 5 ingredients in a bowl; stir with a whisk.
- Add tomato, onion, basil, and bacon; toss well. Set aside.
- Arrange bread cubes in a single layer on a baking sheet; lightly coat bread with cooking spray.
- Bake at 350 for 15 minutes or until toasted; cool.
- Add bread and lettuce to tomato mixture; toss gently to combine.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:17.22, Inflammation Score:-9, Nutrition Score:13.116086957895%

Flavonoids

Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.65mg, Quercetin: 3.65mg

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Nutrients (% of daily need)

Calories: 187.15kcal (9.36%), Fat: 5.33g (8.2%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 24.55g (8.93%), Sugar: 6.36g (7.07%), Cholesterol: 7.92mg (2.64%), Sodium: 564.66mg (24.55%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.16g (16.33%), Vitamin A: 2260.74IU (45.21%), Vitamin K: 29.45µg (28.04%), Vitamin B1: 0.37mg (24.69%), Selenium: 15.15µg (21.64%), Folate: 86.18µg (21.54%), Manganese: 0.41mg (20.3%), Vitamin C: 15.91mg (19.29%), Vitamin B3: 3.34mg (16.71%), Vitamin B2: 0.22mg (12.66%), Iron: 2.13mg (11.83%), Potassium: 398.28mg (11.38%), Phosphorus: 107.23mg (10.72%), Fiber: 2.65g (10.62%), Vitamin B6: 0.21mg (10.28%), Magnesium: 31.19mg (7.8%), Copper: 0.15mg (7.41%), Zinc: 0.9mg (5.97%), Vitamin E: 0.88mg (5.88%), Calcium: 45.09mg (4.51%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.09µg (1.45%)