



HEALTH SCORE

75%

Panzanella Salad with Shrimp



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



825 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup torn basil leaves fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 2 garlic cloves divided minced
- ☐ 6 kalamata olives pitted chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil divided
- ☐ 8 cups plum tomatoes chopped 16

- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 6 cups day-old wheat bread country-style cubed

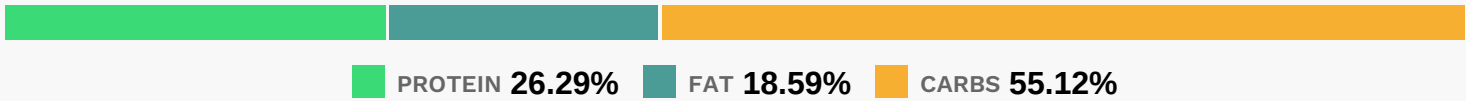
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Arrange bread cubes on a baking sheet; bake at 425 for 5 minutes or until lightly toasted and dry. Cool completely; set aside.
- ☐ Combine lemon juice and 2 1/2 tablespoons oil in a large bowl; stir with a whisk. Stir in rosemary, 1/4 teaspoon salt, pepper, and 1 garlic clove.
- ☐ Add tomatoes and olives; mix well.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet; add shrimp and 1/4 teaspoon salt. Cook 3 minutes, stirring occasionally; add 1 garlic clove. Cook 2 minutes or until shrimp are cooked through.
- ☐ Remove from heat.
- ☐ Add bread cubes and shrimp to tomato mixture; toss.
- ☐ Add basil; toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.95, Glycemic Load:64.53, Inflammation Score:-10, Nutrition Score:48.102609302687%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg, Naringenin: 2.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 825.25kcal (41.26%), Fat: 17.26g (26.56%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 115.15g (38.38%), Net Carbohydrates: 96.91g (35.24%), Sugar: 18.87g (20.97%), Cholesterol: 182.57mg (60.86%), Sodium: 1472.08mg (64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.92g (109.84%), Manganese: 5.52mg (276.13%), Selenium: 61.24µg (87.48%), Phosphorus: 824.32mg (82.43%), Fiber: 18.23g (72.93%), Vitamin B1: 1.05mg (69.8%), Magnesium: 260.2mg (65.05%), Vitamin B3: 12.41mg (62.06%), Vitamin K: 64.4µg (61.33%), Copper: 1.19mg (59.46%), Vitamin A: 2862.78IU (57.26%), Vitamin C: 45.7mg (55.4%), Calcium: 501.57mg (50.16%), Potassium: 1661.14mg (47.46%), Iron: 7.71mg (42.86%), Zinc: 6.27mg (41.79%), Vitamin B6: 0.79mg (39.26%), Folate: 150.34µg (37.58%), Vitamin E: 4.18mg (27.87%), Vitamin B2: 0.46mg (26.93%), Vitamin B5: 1.93mg (19.25%)