



## Panzanella (Tuscan Bread Salad)

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

### Ingredients

- 6 anchovy finely chopped
- 8 servings pepper black freshly ground
- 8 ounces bread crumbs italian ()
- 1 pound cucumber english halved lengthwise cut into large dice ( 2 medium cucumbers)
- 1 cup basil fresh packed
- 3 medium garlic clove finely chopped
- 8 servings kosher salt
- 0.3 cup juice of lemon freshly squeezed (from 1 to 2 medium lemons)

- 2 teaspoons lemon zest finely grated
- 0.5 cup onion sweet red thinly sliced ( torpedo)
- 0.8 cup olive oil extra virgin extra-virgin
- 2 pounds tomatoes ripe

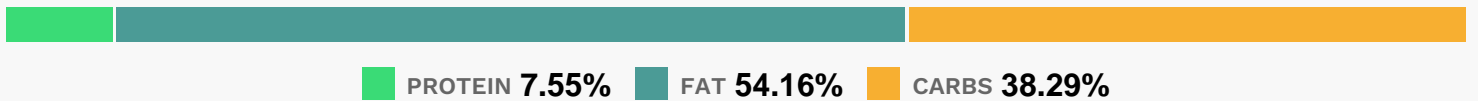
## Equipment

- bowl

## Directions

- Place the bread in a large bowl and add half of the vinaigrette. Toss to coat well, then set aside at room temperature for about 10 minutes. Meanwhile, place the tomatoes, onions, and cucumber in a separate large bowl and add the remaining vinaigrette. Toss to coat well, then set aside at room temperature for about 10 minutes.
- Add the vegetables and the basil to the bread and mix until evenly combined. Taste and season salt and pepper.
- Let sit at room temperature at least 15 minutes to allow the flavors to meld, then serve at room temperature. Beverage pairing: Fernleaf Sauvignon Blanc, New Zealand. The brisk lime, lemon, and grassy herbaceousness of this Sauvignon Blanc are a good match with the sharp notes of lemon, basil, onion, and tomato in the salad, while the wine's lively acidity and energy will favorably contrast with the soft bread.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:9.150434869787%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg

0.28mg, Myricetin: 0.28mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## **Nutrients (% of daily need)**

Calories: 234.57kcal (11.73%), Fat: 14.55g (22.38%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 20.25g (7.36%), Sugar: 13.43g (14.92%), Cholesterol: 1.8mg (0.6%), Sodium: 310.21mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin K: 33.36µg (31.77%), Vitamin C: 22.09mg (26.78%), Vitamin A: 1165.35IU (23.31%), Potassium: 460.43mg (13.16%), Manganese: 0.25mg (12.56%), Vitamin B3: 2.48mg (12.42%), Fiber: 2.9g (11.6%), Folate: 45.09µg (11.27%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.15mg (7.7%), Iron: 1.34mg (7.46%), Magnesium: 29.7mg (7.43%), Vitamin B1: 0.11mg (7.21%), Phosphorus: 63.46mg (6.35%), Copper: 0.12mg (6.01%), Vitamin B2: 0.08mg (4.75%), Calcium: 35.9mg (3.59%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.5µg (2.14%)