



WHATSheATE



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

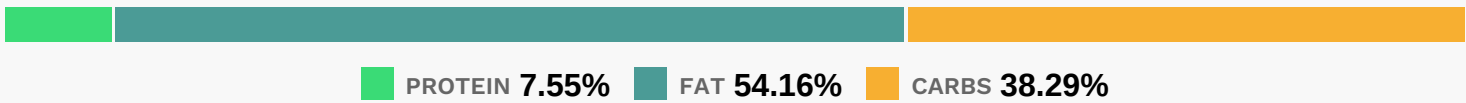
Equipment

- ☐ 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 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 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: Og (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%)