



Panzanella with Beans

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



835 kcal

SIDE DISH

Ingredients

- ☐ 4 cups sourdough bread cubes toasted ()
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 2 ounces feta cheese with basil and tomato crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon coarsely ground pepper

- ☐ 15 ounce no-salt-added chickpeas drained canned (garbanzo beans)
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup onion red chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 pound tomatoes chopped

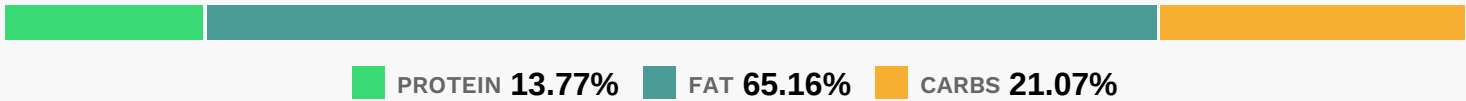
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Add tomato and next 4 ingredients (tomato through chickpeas), and toss to coat. Marinate at room temperature for up to 2 hours.
- ☐ Add bread, parsley, and basil; toss gently to coat.
- ☐ Sprinkle with feta cheese, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:90.38, Glycemic Load:13.01, Inflammation Score:-10, Nutrition Score:38.467826309411%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 834.61kcal (41.73%), Fat: 64.02g (98.49%), Saturated Fat: 13.77g (86.07%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 38.26g (13.91%), Sugar: 16.84g (18.72%), Cholesterol: 12.62mg (4.21%), Sodium:

506.28mg (22.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.87%), Vitamin K: 146.14µg (139.18%), Manganese: 1.96mg (98.08%), Vitamin B3: 16.32mg (81.61%), Vitamin E: 11.28mg (75.19%), Magnesium: 215.15mg (53.79%), Vitamin C: 42.85mg (51.94%), Phosphorus: 481.57mg (48.16%), Folate: 169.36µg (42.34%), Vitamin B6: 0.74mg (36.95%), Vitamin A: 1809.15IU (36.18%), Fiber: 8.33g (33.32%), Copper: 0.62mg (31.23%), Vitamin B1: 0.46mg (30.41%), Potassium: 1051.04mg (30.03%), Vitamin B2: 0.49mg (28.86%), Zinc: 3.76mg (25.1%), Iron: 4.12mg (22.88%), Selenium: 14.7µg (21%), Calcium: 172.42mg (17.24%), Vitamin B5: 1.61mg (16.08%), Vitamin B12: 0.24µg (3.99%)