



Panzanella with Crab

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



745 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.3 teaspoon fennel seeds
- ☐ 4 cups bread whole wheat french
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 12 ounce lump crab meat drained canned (such as Chicken of the Sea)
- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 teaspoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups tomatoes chopped

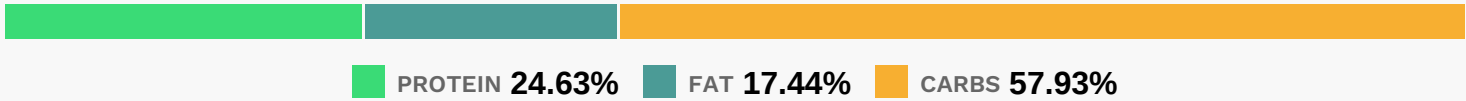
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add tomato, onion, bread, and crab; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:62.54, Inflammation Score:-9, Nutrition Score:46.827391168346%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 744.66kcal (37.23%), Fat: 14.39g (22.14%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 107.56g (35.85%), Net Carbohydrates: 91.84g (33.4%), Sugar: 13.73g (15.26%), Cholesterol: 35.72mg (11.91%), Sodium: 1926.91mg (83.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.74g (91.48%), Manganese: 5.23mg (261.59%), Selenium: 92.1µg (131.57%), Vitamin B12: 7.65µg (127.57%), Phosphorus: 717.24mg (71.72%), Copper: 1.39mg (69.32%), Vitamin B1: 1.01mg (67.07%), Fiber: 15.72g (62.87%), Zinc: 9.43mg (62.86%), Vitamin B3: 12.01mg (60.04%), Magnesium: 237.2mg (59.3%), Calcium: 441.91mg (44.19%), Folate: 155.12µg (38.78%), Iron: 6.94mg (38.57%), Vitamin B6: 0.74mg (36.95%), Vitamin K: 32.16µg (30.63%), Potassium: 1020.55mg (29.16%), Vitamin B2:

0.45mg (26.68%), Vitamin C: 20.38mg (24.7%), Vitamin B5: 2.03mg (20.3%), Vitamin E: 2.55mg (16.98%), Vitamin A: 845.5IU (16.91%)