



Panzanella with Tomatoes and Crispy Prosciutto

READY IN



47 min.

SERVINGS



4

CALORIES



573 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.5 cucumber cut into 1-inch pieces
- ☐ 4 large eggs
- ☐ 1 garlic clove minced
- ☐ 4 servings kosher salt to taste
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 ounces artisan grain bread whole
- ☐ 0.3 cup olive oil

- ☐ 0.3 to red thinly sliced
- ☐ 2 ounces parmesan cheese shaved
- ☐ 4 ounces pancetta
- ☐ 1 romaine lettuce heart sliced
- ☐ 3 small tomatoes cut into 1-inch pieces

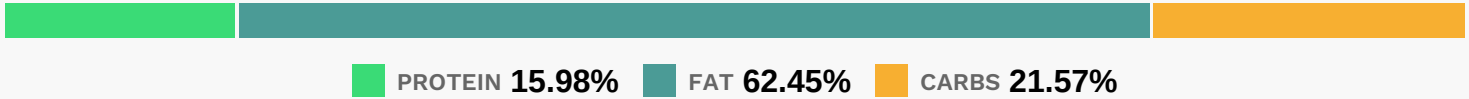
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Place eggs in a medium saucepan, and cover with cold water.
- ☐ Heat saucepan over medium heat until water just begins to boil.
- ☐ Remove pan from heat, cover, and set aside 12 minutes. Run eggs under cold water until cool enough to handle. Peel eggs, and coarsely chop; set aside.
- ☐ Meanwhile, arrange prosciutto slices in a single layer on an aluminum foil- or parchment paper-lined baking sheet. Arrange bread chunks on a second baking sheet.
- ☐ Bake prosciutto 10 to 15 minutes or until crispy; bake bread about 8 minutes or until lightly toasted. When cool enough to handle, break prosciutto into large pieces. Set aside.
- ☐ Whisk together olive oil, lemon juice, and garlic in a small bowl. Season dressing with kosher salt and black pepper to taste.
- ☐ Toss bread, reserved eggs, lettuce, and next 3 ingredients in a large bowl.
- ☐ Add dressing, tossing to coat. Top with Parmesan and reserved prosciutto.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:15.79, Inflammation Score:-8, Nutrition Score:23.854347664377%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 572.99kcal (28.65%), Fat: 39.94g (61.45%), Saturated Fat: 10.6g (66.22%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 26.22g (9.53%), Sugar: 5.78g (6.42%), Cholesterol: 214.35mg (71.45%), Sodium: 940.31mg (40.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23g (46%), Manganese: 1.38mg (69.13%), Selenium: 39.09µg (55.84%), Phosphorus: 388.95mg (38.9%), Vitamin A: 1599.54IU (31.99%), Calcium: 308.41mg (30.84%), Vitamin K: 31.12µg (29.64%), Vitamin E: 3.99mg (26.57%), Vitamin B1: 0.37mg (24.99%), Vitamin B2: 0.42mg (24.95%), Vitamin B3: 4.19mg (20.97%), Vitamin B6: 0.4mg (19.88%), Vitamin C: 15.93mg (19.31%), Fiber: 4.82g (19.29%), Folate: 76.91µg (19.23%), Magnesium: 74.01mg (18.5%), Zinc: 2.59mg (17.27%), Iron: 3.04mg (16.9%), Vitamin B5: 1.57mg (15.67%), Potassium: 536.14mg (15.32%), Copper: 0.26mg (12.95%), Vitamin B12: 0.76µg (12.61%), Vitamin D: 1.18µg (7.9%)