



## Parmesan Panzanella Salad

READY IN



15 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 9 oz bread baguette french thinly sliced
- 1 slices cucumber english thin
- 2 cups grape tomatoes halved
- 0.5 cup olive oil
- 0.5 cup seasoned parmesan cheese classic italian grated kraft
- 0.5 cup onions red thinly sliced

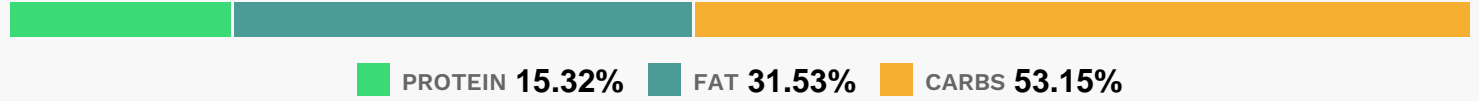
### Equipment

- bowl

# Directions

Combine ingredients in large bowl.

# Nutrition Facts



## Properties

Glycemic Index:18.19, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:6.9230435030616%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 149.59kcal (7.48%), Fat: 5.32g (8.19%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 18.8g (6.84%), Sugar: 3.1g (3.44%), Cholesterol: 5.44mg (1.81%), Sodium: 303.95mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.63%), Vitamin B1: 0.25mg (16.67%), Selenium: 11.4µg (16.28%), Folate: 48µg (12%), Manganese: 0.24mg (11.9%), Vitamin B2: 0.17mg (10.11%), Vitamin B3: 1.79mg (8.94%), Phosphorus: 88.07mg (8.81%), Iron: 1.45mg (8.05%), Calcium: 79.97mg (8%), Vitamin A: 378.2IU (7.56%), Vitamin C: 6.21mg (7.52%), Vitamin K: 7.07µg (6.73%), Fiber: 1.38g (5.53%), Potassium: 170.83mg (4.88%), Magnesium: 19.18mg (4.8%), Zinc: 0.71mg (4.72%), Vitamin E: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.31%), Copper: 0.08mg (4.11%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.08µg (1.41%)