



HEALTH SCORE

75%

Pastrami and Rye Panzanella



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



626 kcal

SIDE DISH

Ingredients



0.8 cup basil



2 stalks celery thinly sliced



2 medium cucumber



0.3 cup flat parsley



1 garlic clove peeled



0.3 cup olive oil extra virgin extra-virgin



0.5 cup onion red very thinly sliced



1 tablespoon red wine vinegar

- ☐ 3 cups cocktail rye bread light cubed
- ☐ 4 servings sea salt fine
- ☐ 1 pound tomatoes cored cut into 1-inch chunks

Equipment

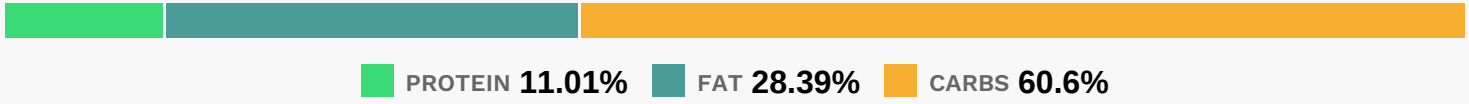
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Preheat the oven to 450°F with the rack in the middle.
- ☐ Put the onion in a bowl and cover with 1 to 2 cups of cold water. Swish the water around and rub the slices with your hands. Strain and repeat the process two or three times, letting the slices soak and changing the water at 10-minute intervals. (Soaking raw onion in cold water mellows the harsh bite.)
- ☐ Meanwhile, spread out the bread cubes on a baking sheet and bake until the edges are crispy and golden, 6 to 8 minutes.
- ☐ Transfer the pan to a wire rack and let cool completely.
- ☐ On a cutting board, finely chop the garlic with 1/4 teaspoon salt. Using both the blade and the flat side of a chef's knife, chop and scrape the mixture into a paste.
- ☐ Put the oil and vinegar into a bowl, add the garlic paste and whisk to combine.
- ☐ In a large bowl, combine the cooled bread, tomatoes and 1/4 teaspoon salt. To combine, gently pressing the tomatoes a bit to release some of the juices.
- ☐ Peel the cucumbers in a zebra pattern and cut on a diagonal into half moons.
- ☐ Drain and pat dry the onions.

- ☐
- Add the onions, cucumber, celery, basil leaves,pastrami and parsley leaves to the salad.
- ☐
- Whisk together the dressing, add itto the salad and gently toss to combine.
- ☐
- From Salads: Beyond the Bowl: Extraordinary Recipes for Everyday Eating by Mindy Fox. Text © 2012 by Mindy Fox; photographs © 2012 by Ellen Silverman. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:74.08, Glycemic Load:41.48, Inflammation Score:-9, Nutrition Score:35.133913123089%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 626.4kcal (31.32%), Fat: 19.86g (30.55%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 95.36g (31.79%), Net Carbohydrates: 82.14g (29.87%), Sugar: 12.37g (13.74%), Cholesterol: 0mg (0%), Sodium: 1291.22mg (56.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin K: 112.58µg (107.22%), Manganese: 1.78mg (89.18%), Selenium: 55.23µg (78.91%), Folate: 246.05µg (61.51%), Vitamin B1: 0.86mg (57.52%), Fiber: 13.23g (52.91%), Vitamin B2: 0.67mg (39.17%), Vitamin B3: 7.64mg (38.18%), Iron: 6.11mg (33.96%), Vitamin C: 27.61mg (33.47%), Vitamin A: 1672.93IU (33.46%), Phosphorus: 286.86mg (28.69%), Magnesium: 104.81mg (26.2%), Copper: 0.51mg (25.44%), Potassium: 819.88mg (23.43%), Vitamin E: 3.29mg (21.97%), Calcium: 182.52mg (18.25%), Zinc: 2.53mg (16.89%), Vitamin B6: 0.33mg (16.68%), Vitamin B5: 1.23mg (12.26%)