



WHATSheATE



Puttanesca-Style Panzanella



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

Ingredients



2 teaspoons anchovy paste



0.5 loaf peasant bread stale



1 cherry chile pepper italian finely chopped



0.3 cup evoo



1 cup flat-leaf parsley leaves fresh



2 cloves garlic grated finely chopped



1 juice of lemon



0.8 cup oil-cured olives black pitted chopped

- ☐ 2 pounds plum tomatoes coarsely chopped
- ☐ 1 bell pepper red seeded chopped
- ☐ 1 medium onion red chopped
- ☐ 2 tablespoons red wine vinegar

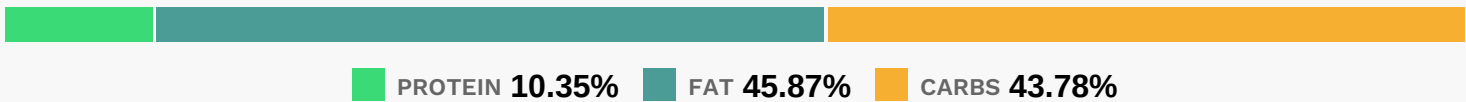
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine the tomatoes, parsley, onions and bell peppers.
- ☐ Whisk together the EVOO, vinegar, anchovy paste, garlic, chile pepper and lemon juice in a bowl.
- ☐ Pour water over the bread, then wring out the loaf and tear it into bite-size pieces. Toss the bread, vegetable mixture and olives with the dressing.
- ☐ Serve.
- ☐ Cook's Note: Wrap the bread loosely in foil overnight so it becomes stale and a little hard (if it goes too far, place it in a plastic bag overnight). If you are making the salad ahead of time, you can combine the vegetables and parsley in a resealable plastic bag and refrigerate them. Pit and chop the olives and return them to their container in the refrigerator. Store the dressing in the refrigerator and bring it to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:65.67, Glycemic Load:25.61, Inflammation Score:-10, Nutrition Score:33.866521598204%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 509.79kcal (25.49%), Fat: 26.78g (41.2%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 48.74g (17.72%), Sugar: 14.32g (15.91%), Cholesterol: 2.55mg (0.85%), Sodium: 931.36mg (40.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.19%), Vitamin K: 282.8µg (269.34%), Vitamin C: 110.88mg (134.4%), Vitamin A: 4294.9IU (85.9%), Manganese: 1.42mg (70.9%), Selenium: 27.21µg (38.87%), Folate: 153.26µg (38.32%), Vitamin E: 5.72mg (38.14%), Vitamin B3: 7.43mg (37.16%), Fiber: 8.77g (35.07%), Vitamin B1: 0.5mg (33.03%), Iron: 5.33mg (29.63%), Potassium: 923.4mg (26.38%), Vitamin B6: 0.5mg (25.09%), Magnesium: 82.18mg (20.55%), Phosphorus: 205.4mg (20.54%), Vitamin B2: 0.33mg (19.4%), Calcium: 183.53mg (18.35%), Copper: 0.36mg (17.96%), Vitamin B5: 1.16mg (11.61%), Zinc: 1.69mg (11.25%)