



Quick Panzanella with Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup celery thinly sliced (2 stalks)
- ☐ 4 ounces ciabatta bread diced
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.8 teaspoon salt divided

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 cups tomatoes cubed (1-inch)

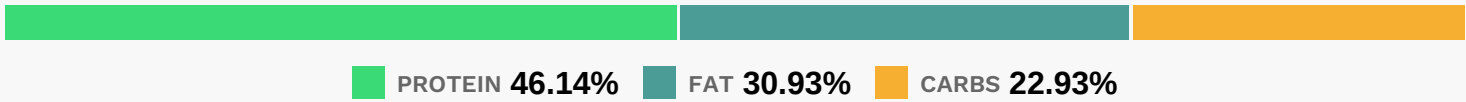
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ Remove from heat, and chop.
- ☐ Place tomato in a large bowl; sprinkle with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon black pepper.
- ☐ Let stand for 5 minutes.
- ☐ Add chicken, bread, and the remaining ingredients to tomato mixture, tossing well to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:22.136086562405%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

0.11mg, Myricetin: 0.11mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 351.4kcal (17.57%), Fat: 11.85g (18.23%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 17.58g (6.39%), Sugar: 3.47g (3.86%), Cholesterol: 108.86mg (36.29%), Sodium: 798.19mg (34.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.78g (79.55%), Vitamin B3: 18.33mg (91.63%), Selenium: 54.69µg (78.13%), Vitamin B6: 1.39mg (69.53%), Phosphorus: 391.79mg (39.18%), Vitamin K: 30.81µg (29.34%), Potassium: 926.98mg (26.49%), Vitamin B5: 2.6mg (25.96%), Vitamin C: 15.64mg (18.96%), Vitamin A: 945.15IU (18.9%), Magnesium: 60.61mg (15.15%), Vitamin B2: 0.21mg (12.28%), Vitamin E: 1.83mg (12.23%), Manganese: 0.24mg (12.14%), Vitamin B1: 0.16mg (10.38%), Fiber: 2.19g (8.75%), Folate: 34.38µg (8.59%), Zinc: 1.22mg (8.16%), Iron: 1.13mg (6.3%), Copper: 0.13mg (6.27%), Vitamin B12: 0.34µg (5.67%), Calcium: 39.59mg (3.96%), Vitamin D: 0.17µg (1.13%)