



Roasted Fennel, Egg, and Pancetta Panzanella

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula
- ☐ 4 cups ciabatta bread cubed
- ☐ 4 large eggs
- ☐ 1 large fennel bulb halved thinly sliced
- ☐ 2 large garlic clove chopped
- ☐ 1 tablespoon brown sugar light packed
- ☐ 3 tablespoons olive oil divided
- ☐ 8 ounces pancetta cut into cubes

☐ 0.5 teaspoon pepper

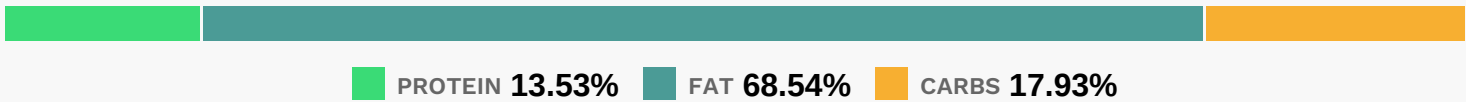
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Mix pancetta, fennel, garlic, sugar, and 2 tbsp. oil on a rimmed baking sheet. Roast together, stirring often, until mixture is starting to brown and soften, about 10 minutes.
- ☐ Add ciabatta and sprinkle mixture with pepper. Roast until bread is toasted and fennel is softened, about 10 minutes more.
- ☐ Meanwhile, heat remaining 1 tbsp. oil in a large nonstick frying pan over medium-high heat. Crack eggs into pan, cover, and fry until whites are set, about 3 minutes.
- ☐ Mix warm bread mixture with arugula and divide among 4 plates. Set an egg on top of each.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:14.490869729415%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 499.77kcal (24.99%), Fat: 38.15g (58.7%), Saturated Fat: 10.73g (67.07%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 20.08g (7.3%), Sugar: 5.62g (6.24%), Cholesterol: 223.42mg (74.47%), Sodium: 618.02mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.89%), Vitamin K: 54.54µg (51.95%),

Selenium: 27.45µg (39.21%), Phosphorus: 217.91mg (21.79%), Vitamin B2: 0.3mg (17.87%), Vitamin E: 2.67mg (17.78%), Vitamin B6: 0.29mg (14.56%), Vitamin B3: 2.74mg (13.7%), Potassium: 473.79mg (13.54%), Vitamin B5: 1.28mg (12.77%), Vitamin B1: 0.19mg (12.67%), Folate: 49.11µg (12.28%), Vitamin A: 608.17IU (12.16%), Vitamin B12: 0.73µg (12.14%), Manganese: 0.22mg (11.15%), Vitamin C: 8.99mg (10.89%), Iron: 1.81mg (10.06%), Zinc: 1.5mg (10%), Fiber: 2.38g (9.51%), Calcium: 81.92mg (8.19%), Vitamin D: 1.23µg (8.18%), Magnesium: 28.52mg (7.13%), Copper: 0.12mg (5.76%)