



Roasted Greens Panzanella Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 0.5 loaf day-old ciabatta bread cut into 1-inch cubes (8 cups)
- 1 bunch kale cleaned roughly chopped
- 2 tablespoons olive oil
- 6 tablespoons olive oil extra-virgin
- 1 bunch chard red cleaned roughly chopped
- 1 teaspoon salt

8 ounce sun-dried tomatoes drained chopped

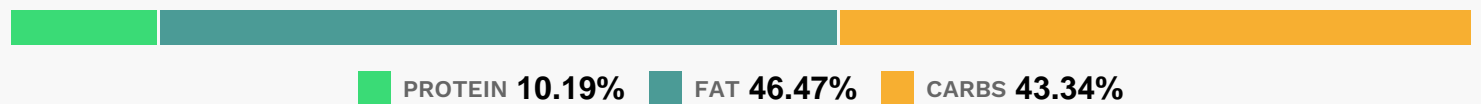
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F. Line a baking sheet with foil.
- Place the chopped greens on the foil.
- Drizzle with olive oil and gently toss. Top the greens with another piece of foil and seal shut. Roast the greens until tender, about 20 minutes.
- Place the bread cubes, sun-dried tomatoes, vinegar, extra-virgin olive oil, salt, and pepper in a large bowl. Gently toss.
- Add the roasted chard and toss to combine.
- Serve.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:27.192173688308%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 13.04mg, Kaempferol: 13.04mg, Kaempferol: 13.04mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 372.95kcal (18.65%), Fat: 20.48g (31.51%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 36.18g (13.16%), Sugar: 16.13g (17.93%), Cholesterol: 0mg (0%), Sodium: 732.01mg (31.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Vitamin K: 527.26µg (502.16%), Vitamin A: 5553.78IU (111.08%), Vitamin C: 50.05mg (60.67%), Manganese: 1.06mg (52.81%), Potassium: 1572.86mg (44.94%), Copper: 0.64mg (32.12%), Magnesium: 122.24mg (30.56%), Fiber: 6.79g (27.17%), Iron: 4.86mg (27.02%), Vitamin E: 3.78mg (25.21%), Vitamin B3: 3.88mg (19.39%), Vitamin B2: 0.31mg (17.96%), Phosphorus: 171.27mg (17.13%), Vitamin B1: 0.24mg (16.28%), Calcium: 125.44mg (12.54%), Folate: 46.17µg (11.54%), Vitamin B6: 0.21mg (10.37%), Vitamin B5: 0.9mg (8.97%), Zinc: 1.03mg (6.84%), Selenium: 2.73µg (3.9%)