



WHATSheATE



Roasted-Vegetable Panzanella



Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 36 inch crusty baguette cut into 1-inch cubes (12 cups)
- ☐ 0.5 teaspoon pepper black
- ☐ 19 oz garbanzo beans rinsed drained canned
- ☐ 3 tablespoons capers in brine packed rinsed drained chopped ()
- ☐ 0.8 lb cherry tomatoes halved
- ☐ 0.8 cup basil fresh chopped
- ☐ 1 large garlic clove
- ☐ 1 lb green beans trimmed halved

- ☐ 1 lb mozzarella fresh salted cut into 1/3-inch dice
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons balsamic vinegar white (preferably)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

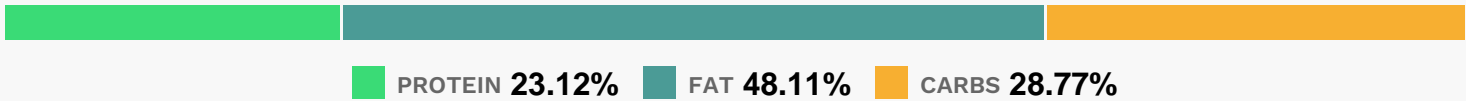
Directions

- ☐ Arrange oven racks in upper and lower thirds of oven and preheat oven to 425°F.
- ☐ Mince and mash garlic to a paste with a pinch of salt using a large heavy knife, then transfer to a small bowl and add 1/2 cup olive oil in a slow stream, whisking until combined well. Put bread cubes in a large bowl and drizzle with 3 tablespoons garlic oil, tossing to combine, then divide bread between 2 large shallow baking pans, arranging in 1 layer. Toast in oven, stirring once or twice, until golden, 10 to 12 minutes. Leave oven on.
- ☐ Gently toss tomatoes with 1 tablespoon oil (not garlic oil), 1/4 teaspoon salt, and 1/8 teaspoon pepper in a bowl, then arrange in 1 layer on a large shallow baking pan. Toss green beans in same bowl with remaining 2 tablespoons oil and 1/4 teaspoon salt and 1/8 teaspoon pepper, then arrange in 1 layer in another large shallow baking pan. Roast vegetables, switching position of pans halfway through roasting and shaking pans once or twice, until tomatoes are very tender but not falling apart and beans are just tender and browned in spots, 12 to 16 minutes. Cool vegetables in pans until ready to assemble salad.
- ☐ While vegetables roast, add vinegar to remaining garlic oil along with capers, sugar, remaining 1/2 teaspoon salt, and 1/4 teaspoon pepper and whisk to combine well.
- ☐ Put green beans, tomatoes (along with any pan juices), toasted bread, beans, mozzarella, and basil in a large bowl, then drizzle with dressing and stir to combine well.

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Let stand 10 to 15 minutes at room temperature to allow flavors to develop, then stir just before serving.

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:8.44, Inflammation Score:-8, Nutrition Score:17.533478291138%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 316.37kcal (15.82%), Fat: 17.22g (26.49%), Saturated Fat: 8.07g (50.46%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 17.96g (6.53%), Sugar: 5.2g (5.77%), Cholesterol: 44.79mg (14.93%), Sodium: 996.77mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.23%), Manganese: 0.85mg (42.35%), Vitamin K: 39.13µg (37.27%), Calcium: 355.8mg (35.58%), Phosphorus: 302.36mg (30.24%), Vitamin B6: 0.47mg (23.7%), Vitamin A: 1116.1IU (22.32%), Vitamin B12: 1.29µg (21.55%), Vitamin C: 17.33mg (21.01%), Fiber: 5.2g (20.81%), Selenium: 13.61µg (19.44%), Vitamin B2: 0.28mg (16.6%), Zinc: 2.45mg (16.3%), Folate: 59.52µg (14.88%), Iron: 2.55mg (14.14%), Magnesium: 53.96mg (13.49%), Vitamin B1: 0.17mg (11.27%), Potassium: 384.37mg (10.98%), Copper: 0.22mg (10.93%), Vitamin E: 1.05mg (6.98%), Vitamin B3: 1.35mg (6.76%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.23µg (1.51%)