



Rustic Bread Salad

READY IN



20 min.

SERVINGS



20

CALORIES



84 kcal

SIDE DISH

Ingredients

- 6 cups day-old bread italian
- 0.3 cup basil fresh thinly sliced
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup onion rings red halved thinly sliced
- 0.5 cup polly-o parmesan cheese shredded divided
- 3 cups tomatoes coarsely chopped

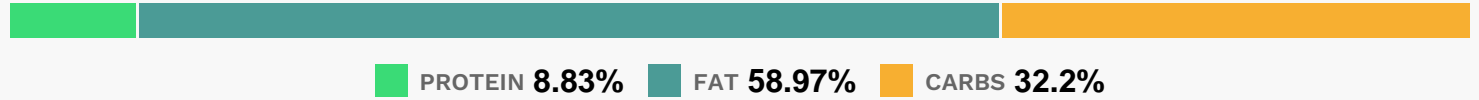
Equipment

- bowl

Directions

- Toss bread with tomatoes, onions, 1/4 cup cheese and basil in large bowl.
- Add dressing; mix lightly. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:2.0995652086061%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 83.51kcal (4.18%), Fat: 5.52g (8.49%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.33g (4.81%), Cholesterol: 1.7mg (0.57%), Sodium: 160.01mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin K: 8µg (7.62%), Vitamin A: 224.78IU (4.5%), Vitamin C: 3.45mg (4.18%), Calcium: 34.43mg (3.44%), Phosphorus: 28.47mg (2.85%), Vitamin B3: 0.54mg (2.68%), Fiber: 0.63g (2.54%), Potassium: 87.63mg (2.5%), Folate: 9.78µg (2.45%), Vitamin E: 0.32mg (2.15%), Manganese: 0.04mg (1.87%), Iron: 0.3mg (1.66%), Vitamin B1: 0.02mg (1.65%), Vitamin B6: 0.03mg (1.55%), Magnesium: 6.02mg (1.5%), Vitamin B2: 0.02mg (1.26%), Selenium: 0.76µg (1.09%)