



Rye Panzanella Salad with Brussels Sprouts, Pastrami and Dijon Vinaigrette

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 3 cups brussels sprouts shredded
- 1 tablespoon dijon mustard
- 5 tablespoons olive oil
- 0.3 lb pastrami chopped
- 4 slices cocktail rye bread thick cut into 1-inch cubes
- 4 servings salt and pepper to taste

1 large shallots chopped

Equipment

bowl

frying pan

baking sheet

oven

whisk

Directions

Heat oven to 400F. In large bowl, toss bread cubes with 1 tablespoon of the oil, the salt and pepper.

Spread on ungreased cookie sheet. Toast 10 to 15 minutes or until edges are brown.

Meanwhile, in 10-inch skillet, heat another 1 tablespoon of the oil over medium heat.

Add Brussels sprouts; cook and stir until browned.

Remove from heat.

In 8-inch skillet, heat another 1 tablespoon oil over medium high heat.

Add shallot; cook until crisp.

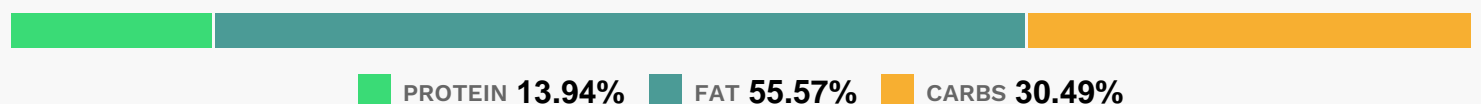
Remove from heat; pat off excess oil.

To make vinaigrette, in large bowl, beat remaining 2 tablespoons oil, the vinegar and mustard with whisk until well blended.

To vinaigrette in bowl, add toasted bread cubes, Brussels sprouts, shallot and pastrami; toss.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.58, Glycemic Load:9.12, Inflammation Score:-7, Nutrition Score:19.434782463571%

Flavonoids

Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 303.2kcal (15.16%), Fat: 19.22g (29.56%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 19g (6.91%), Sugar: 3.83g (4.25%), Cholesterol: 13.32mg (4.44%), Sodium: 732.85mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.69%), Vitamin K: 127.85µg (121.76%), Vitamin C: 66.55mg (80.67%), Manganese: 0.53mg (26.47%), Selenium: 15.24µg (21.78%), Vitamin E: 3.22mg (21.48%), Folate: 79.83µg (19.96%), Fiber: 4.73g (18.9%), Vitamin B1: 0.27mg (17.89%), Iron: 2.88mg (16%), Vitamin B3: 3.18mg (15.89%), Phosphorus: 136.62mg (13.66%), Vitamin B2: 0.22mg (12.85%), Zinc: 1.9mg (12.68%), Vitamin B6: 0.24mg (12.19%), Potassium: 405.69mg (11.59%), Vitamin A: 502.79IU (10.06%), Magnesium: 36.68mg (9.17%), Vitamin B12: 0.5µg (8.32%), Copper: 0.14mg (6.88%), Calcium: 59.68mg (5.97%), Vitamin B5: 0.46mg (4.59%)