



Salmon Panzanella with Green Beans

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce baguette whole-wheat cut into 1-inch cubes
- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 cup basil fresh cut into thin strips
- ☐ 0.5 pound green beans cut into 1-inch pieces
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup onion red thinly sliced
- ☐ 1 pound salmon fillet skinless

- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon teaspoon red wine vinegar

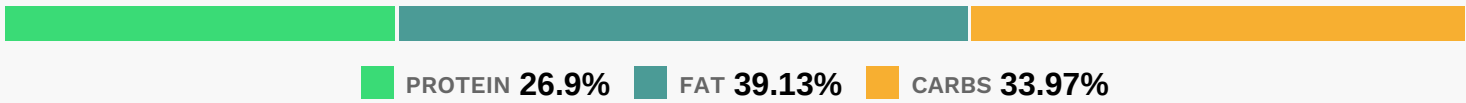
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Heat broiler to low. Coat a baking sheet with cooking spray. Season salmon with 1/4 teaspoon salt and 1/8 teaspoon pepper. Broil until cooked through, 5 minutes per side; let cool. Bring water to a boil in a small saucepan; cook beans until bright green and crisp-tender, about 3 minutes; drain and set aside.
- ☐ Whisk oil, vinegar, remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper in a serving bowl; add beans, tomatoes, onion, bread cubes and basil, then toss. Flake salmon and add to salad; toss gently.
- ☐ Let sit 10 minutes before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:20.69, Inflammation Score:-8, Nutrition Score:30.672173624453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

10.19mg

Nutrients (% of daily need)

Calories: 449.4kcal (22.47%), Fat: 19.51g (30.01%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 34.11g (12.41%), Sugar: 8.07g (8.96%), Cholesterol: 62.37mg (20.79%), Sodium: 704.83mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.17g (60.35%), Selenium: 52.07µg (74.39%), Vitamin B3: 12.37mg (61.87%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.18mg (58.92%), Vitamin B1: 0.68mg (45.28%), Vitamin K: 47.3µg (45.05%), Vitamin B2: 0.7mg (41.27%), Phosphorus: 336.84mg (33.68%), Vitamin C: 27.42mg (33.24%), Folate: 127.07µg (31.77%), Manganese: 0.59mg (29.32%), Potassium: 978.54mg (27.96%), Copper: 0.48mg (23.83%), Vitamin B5: 2.38mg (23.82%), Iron: 4.22mg (23.46%), Vitamin A: 960.62IU (19.21%), Magnesium: 74.8mg (18.7%), Fiber: 4g (16.01%), Vitamin E: 2.36mg (15.73%), Calcium: 117.89mg (11.79%), Zinc: 1.51mg (10.06%)