



Strawberry Panzanella

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon onion powder
- ☐ 1 orange zest

- ☐ 0.3 cup onion red sliced
- ☐ 4 roma tomatoes chopped
- ☐ 0.5 cup cooking sherry
- ☐ 1 loaf sourdough bread cut in 1-inch cubes
- ☐ 1 cup strawberries fresh sliced

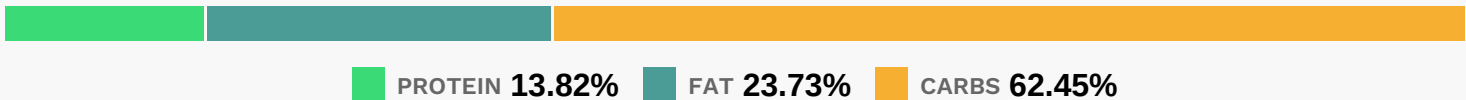
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ In a bowl, combine garlic powder, onion powder, pepper and salt.
- ☐ Drizzle 1/2 cup olive oil on bread and add to the seasoning mixture. Toss thoroughly.
- ☐ Place the bread cubes on a baking sheet and bake for 20 minutes or until golden brown.
- ☐ Remove from oven and let cool.
- ☐ In another bowl, whisk together the sherry, remaining olive oil and honey. Set aside.
- ☐ In a large mixing bowl, toss cooled bread cubes, strawberries, tomatoes, blue cheese, orange zest, onion and sherry dressing. Try to coat each bread cube with the dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.8, Glycemic Load:34.55, Inflammation Score:-7, Nutrition Score:14.954347812611%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 343.53kcal (17.18%), Fat: 8.85g (13.62%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 49.06g (17.84%), Sugar: 12.14g (13.49%), Cholesterol: 8.44mg (2.81%), Sodium: 1364.75mg (59.34%), Alcohol: 2.06g (100%), Alcohol %: 1.24% (100%), Protein: 11.6g (23.2%), Vitamin B1: 0.58mg (38.55%), Selenium: 23.95µg (34.22%), Manganese: 0.65mg (32.34%), Vitamin C: 23.31mg (28.26%), Folate: 112.51µg (28.13%), Vitamin B2: 0.39mg (23.01%), Vitamin B3: 4.17mg (20.83%), Iron: 3.49mg (19.39%), Phosphorus: 154.53mg (15.45%), Fiber: 3.36g (13.43%), Calcium: 121.13mg (12.11%), Magnesium: 40.6mg (10.15%), Vitamin B6: 0.2mg (9.92%), Copper: 0.18mg (9.1%), Potassium: 315.65mg (9.02%), Zinc: 1.34mg (8.91%), Vitamin A: 443.38IU (8.87%), Vitamin K: 7.46µg (7.11%), Vitamin E: 1.02mg (6.8%), Vitamin B5: 0.57mg (5.68%), Vitamin B12: 0.14µg (2.29%)