



Summer Fruit Panzanella

READY IN



30 min.

SERVINGS



4

CALORIES



1332 kcal

SIDE DISH

Ingredients

- 0.5 tablespoon cinnamon
- 4 cups croissants cubed (see note above)
- 2 tablespoons mint leaves fresh chopped
- 5 cups fruit mixed (see note above)
- 0.3 cup sugar divided
- 6 tablespoons butter unsalted melted

Equipment

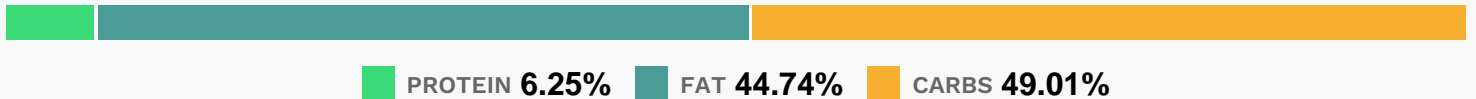
- bowl

- baking sheet
- baking paper
- oven
- whisk

Directions

- Adjust oven rack to middle position and preheat oven to 375°F. Line a baking sheet with parchment paper.
- Combine fruit and 1 tablespoon sugar in a medium bowl; set aside.
- In a small bowl, whisk together cinnamon and sugar. In a large bowl, combine cubes of croissant and butter and toss until bread absorbs butter.
- Add about 3/4 of cinnamon sugar mixture and toss to combine.
- Spread cubes out on baking sheet, sprinkling with remaining cinnamon sugar.
- Bake until toasted and golden, about 15 minutes.
- Let cool to room temperature.
- In a large bowl, combine fruit and their juices with toasted croissants and mint and gently toss to combine. Divide between plates and serve.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:77.22, Inflammation Score:-10, Nutrition Score:28.567391271177%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 1332.32kcal (66.62%), Fat: 67.09g (103.21%), Saturated Fat: 38.51g (240.67%), Carbohydrates: 165.4g (55.13%), Net Carbohydrates: 153.78g (55.92%), Sugar: 72.57g (80.64%), Cholesterol: 203.66mg (67.89%), Sodium: 926.62mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.15%), Selenium: 54.02µg

(77.17%), Vitamin A: 3288.83IU (65.78%), Vitamin B1: 0.96mg (63.79%), Folate: 217.66µg (54.42%), Manganese: 1.07mg (53.31%), Fiber: 11.62g (46.49%), Vitamin B2: 0.66mg (38.7%), Iron: 5.94mg (33.01%), Vitamin B3: 6.41mg (32.04%), Phosphorus: 291.47mg (29.15%), Vitamin B5: 2.19mg (21.94%), Copper: 0.43mg (21.37%), Vitamin K: 19.67µg (18.73%), Vitamin E: 2.5mg (16.65%), Potassium: 566.66mg (16.19%), Zinc: 2.11mg (14.05%), Magnesium: 55.69mg (13.92%), Calcium: 123.61mg (12.36%), Vitamin B6: 0.19mg (9.5%), Vitamin C: 7.82mg (9.48%), Vitamin B12: 0.41µg (6.9%), Vitamin D: 0.31µg (2.1%)