



Summer Zucchini and Tomato Panzanella Salad

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup day-old bread cubed
- 1 pint cherry tomatoes washed sliced in half
- 8 basil leaves fresh plus more for garnish
- 0.5 bunch mint leaves fresh chopped
- 1 clove garlic thinly sliced
- 2 juice of lemon
- 0.5 cup olive oil extra-virgin plus more for drizzling

- 0.5 bunch oregano fresh chopped
- 4 servings pepper freshly ground
- 0.3 cup red wine vinegar
- 4 servings salt
- 2 zucchini washed sliced lengthwise (6 slices from each)

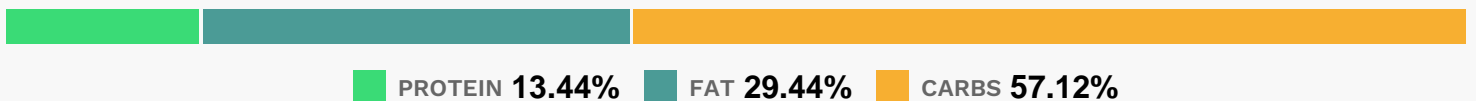
Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees F.
- Divide the zucchini slices evenly among 4 flat plates, overlapping each slice just slightly, like shingles.
- Brush with the lemon juice and season with salt.
- Let sit for 5 minutes to marinate and wilt.
- Meanwhile, toss the bread cubes with 1 tablespoon of the oil, the oregano, mint and some salt. Toast on a baking sheet in the oven until slightly golden, 10 to 12 minutes.
- For the vinaigrette, simply combine the red wine vinegar with the remaining oil and the garlic and season with salt and pepper.
- Toss the cherry tomatoes with the bread and about 1/4 cup of the vinaigrette.
- Let sit until the croutons start to soften, 5 minutes, then toss in the basil. Divide the tomato panzanella salad on top of the zucchini and garnish with a drizzle of olive oil and more basil.
- Serve with the remaining vinaigrette on the side.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:15.49, Inflammation Score:-8, Nutrition Score:17.837391231371%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 256.12kcal (12.81%), Fat: 8.58g (13.2%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 33.09g (12.03%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 496.23mg (21.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Vitamin C: 51.05mg (61.88%), Manganese: 1.06mg (52.92%), Selenium: 17.96µg (25.65%), Folate: 93.62µg (23.41%), Vitamin B1: 0.34mg (22.39%), Vitamin B3: 4.42mg (22.1%), Iron: 3.53mg (19.59%), Potassium: 629.54mg (17.99%), Fiber: 4.37g (17.46%), Vitamin K: 17.95µg (17.09%), Vitamin B6: 0.34mg (16.93%), Vitamin A: 842.72IU (16.85%), Vitamin B2: 0.27mg (16.06%), Phosphorus: 151.36mg (15.14%), Magnesium: 55.65mg (13.91%), Copper: 0.24mg (12.07%), Vitamin E: 1.72mg (11.49%), Calcium: 111.02mg (11.1%), Vitamin B5: 0.87mg (8.68%), Zinc: 1.13mg (7.55%)