

food
network



HEALTH SCORE

86%

Sunny's Spicy Spinach Panzanella



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces baby spinach
- ☐ 1 baguette split cut into bite-size cubes
- ☐ 0.3 cup olives black sliced chopped
- ☐ 4 heirloom tomatoes chopped
- ☐ 10 pickled jalapeño chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lemon
- ☐ 1 lemon zest

- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons olive oil
- ☐ 10 super-thin onion red sliced in half
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 teaspoons grain mustard whole

Equipment

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

Directions

- ☐ Toast the baguette cubes: Preheat the oven to 400 degrees F. In a large bowl, add the baguette cubes and drizzle over the olive oil. Toss until the bread is coated.
- ☐ Sprinkle over a pinch of salt and a few grinds of pepper then toss again.
- ☐ Pour onto a nonstick baking sheet and toast in the oven until golden on all sides, making sure to remove and toss in 3 to 4 minute intervals. This should take 12 to 14 minutes.
- ☐ Remove and allow the cubes to cool slightly before tossing back into the large bowl.
- ☐ Make the vinaigrette: In a medium bowl, combine the mustard, lemon zest and lemon juice. Slowly whisk in the olive oil. Season with salt and pepper.
- ☐ Add the jalapenos and onions and allow them to soak in the vinaigrette for 10 minutes.
- ☐ Build the salad: To the large bowl of toasted baguette cubes, add the baby spinach, black olives and tomatoes. Toss gently.
- ☐ Pour over the vinaigrette and toss until combined.
- ☐ Serve at room temperature.

Nutrition Facts



 PROTEIN 8.28%  FAT 47.88%  CARBS 43.84%

Properties

Glycemic Index:49.46, Glycemic Load:18.89, Inflammation Score:-10, Nutrition Score:29.061304465584%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 40.78mg, Quercetin: 40.78mg, Quercetin: 40.78mg, Quercetin: 40.78mg

Nutrients (% of daily need)

Calories: 393.4kcal (19.67%), Fat: 21.7g (33.38%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 37.59g (13.67%), Sugar: 13.33g (14.81%), Cholesterol: 0mg (0%), Sodium: 413.6mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Vitamin K: 252.86µg (240.82%), Vitamin A: 5394.15IU (107.88%), Vitamin C: 69.95mg (84.79%), Manganese: 1mg (50.16%), Folate: 191.63µg (47.91%), Vitamin E: 5.37mg (35.78%), Fiber: 7.1g (28.42%), Vitamin B1: 0.41mg (27.35%), Vitamin B6: 0.53mg (26.37%), Potassium: 852.23mg (24.35%), Magnesium: 81.37mg (20.34%), Iron: 3.58mg (19.87%), Vitamin B2: 0.31mg (18.13%), Vitamin B3: 3.27mg (16.34%), Calcium: 150.53mg (15.05%), Phosphorus: 144.71mg (14.47%), Selenium: 9.29µg (13.27%), Copper: 0.26mg (12.76%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.58mg (5.82%)