

Sweet Panzanella

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

SIDE DISH

Ingredients

- 1 pound top stale cut into 1-inch cubes (8 to 9 cups)
- 6 tablespoons t brown sugar dark packed
- 1 cup pecans toasted coarsely chopped
- 8 ounces raspberries fresh
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted ()

Equipment

- bowl

- baking sheet
- oven
- whisk
- wire rack
- pot
- potato masher

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Melt the butter in a large pot over medium heat.
- Add 4 tablespoons of the sugar and the salt and cook, whisking occasionally, until the sugar dissolves and the mixture begins to bubble, about 8 minutes.
- Remove from heat.
- Add the bread cubes and stir until they are evenly coated in the sugar mixture.
- Pour the mixture onto a baking sheet and arrange in a single layer.
- Bake, stirring every 5 minutes, until the bread cubes are golden brown and toasted, about 15 to 20 minutes total.
- Place the baking sheet on a wire rack and let the bread cool to room temperature, about 5 minutes. While the bread is cooling, combine half of the raspberries and the remaining 2 tablespoons sugar in a large bowl and mash with a fork or potato masher until the berries release their juices and are broken up.
- Add the bread cubes, pecans, and remaining whole raspberries and gently toss to combine.
- Serve immediately or refrigerate until ready to serve.

Nutrition Facts



PROTEIN 8.78% **FAT 41.59%** **CARBS 49.63%**

Properties

Glycemic Index:14.56, Glycemic Load:23.14, Inflammation Score:-5, Nutrition Score:12.050869543267%

Flavonoids

Cyanidin: 14.3mg, Cyanidin: 14.3mg, Cyanidin: 14.3mg, Cyanidin: 14.3mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 338.86kcal (16.94%), Fat: 16.14g (24.84%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 39.08g (14.21%), Sugar: 13.1g (14.55%), Cholesterol: 15.05mg (5.02%), Sodium: 417.57mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Manganese: 1.05mg (52.51%), Vitamin B1: 0.49mg (32.91%), Selenium: 16.92µg (24.17%), Folate: 78.72µg (19.68%), Fiber: 4.28g (17.11%), Vitamin B2: 0.27mg (15.96%), Iron: 2.79mg (15.51%), Vitamin B3: 3.06mg (15.3%), Copper: 0.27mg (13.28%), Phosphorus: 104.07mg (10.41%), Magnesium: 40.31mg (10.08%), Vitamin C: 7.56mg (9.17%), Zinc: 1.28mg (8.52%), Calcium: 54.43mg (5.44%), Vitamin B6: 0.11mg (5.31%), Potassium: 173.55mg (4.96%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.41mg (4.09%), Vitamin A: 191.22IU (3.82%), Vitamin K: 3.53µg (3.36%)