



 5%
HEALTH SCORE

Tomato and Bread Salad with Red Onion

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

- 1 cup basil fresh loosely packed
- 1 cup basil fresh loosely packed
- 8 ounces bread crumbs italian stale cut into 2-inch pieces
- 0.5 cup olive oil extra virgin extra-virgin
- 5 cups plum tomatoes ripe coarsely chopped
- 1 small onion red thinly sliced
- 0.3 cup red wine vinegar
- 8 cups water cold ()

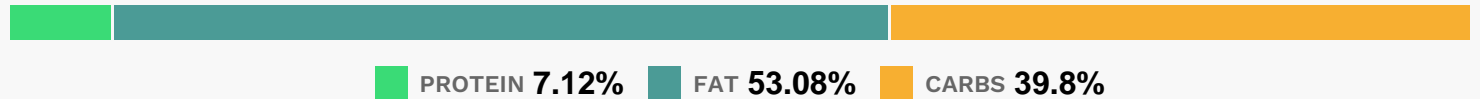
Equipment

- bowl
- whisk

Directions

- Pour vinegar into small bowl. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper.
- Place bread in large bowl.
- Pour in enough cold water (about 8 cups) to cover bread. Soak 5 minutes.
- Drain well; squeeze bread to remove as much liquid as possible. Coarsely crumble bread into same bowl.
- Add tomatoes, onion and basil. Toss with enough vinaigrette to coat. Season salad generously with salt and pepper. (Can be made 8 hours ahead. Cover and refrigerate.
- Let stand 1 hour at room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:12.59217392556%

Flavonoids

Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 289.93kcal (14.5%), Fat: 17.41g (26.78%), Saturated Fat: 7.82g (48.88%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.23g (9.18%), Sugar: 17.67g (19.63%), Cholesterol: 0mg (0%), Sodium: 168.05mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Vitamin K: 51.02µg (48.59%), Vitamin A:

2064.68IU (41.29%), Vitamin C: 29.87mg (36.21%), Manganese: 0.35mg (17.32%), Potassium: 604.87mg (17.28%), Fiber: 4.13g (16.51%), Folate: 62.31µg (15.58%), Vitamin B3: 2.97mg (14.83%), Vitamin E: 1.65mg (11%), Copper: 0.21mg (10.3%), Magnesium: 38.75mg (9.69%), Vitamin B6: 0.19mg (9.61%), Iron: 1.7mg (9.43%), Vitamin B1: 0.14mg (9.13%), Phosphorus: 72.16mg (7.22%), Vitamin B2: 0.08mg (4.85%), Calcium: 48.39mg (4.84%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.21mg (2.15%)