



Tomato and Bread Salad with Red Onion



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 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 ()

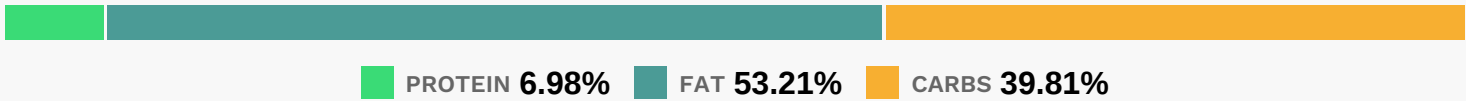
Equipment

- ☐ 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:22.5, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:11.339130376992%

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: 289.01kcal (14.45%), Fat: 17.38g (26.74%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 25.19g (9.16%), Sugar: 17.65g (19.62%), Cholesterol: 0mg (0%), Sodium: 167.89mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin A: 1853.68IU (37.07%), Vitamin C: 29.15mg (35.34%), Vitamin K: 34.42µg (32.78%), Potassium: 593.07mg (16.94%), Fiber: 4.06g (16.26%), Manganese: 0.3mg (15.02%), Folate: 59.59µg (14.9%), Vitamin B3: 2.93mg (14.65%), Vitamin E: 1.62mg (10.79%), Copper: 0.19mg (9.53%), Vitamin B6: 0.19mg (9.3%), Magnesium: 36.19mg (9.05%), Vitamin B1: 0.14mg (9.04%), Iron: 1.57mg

(8.73%), Phosphorus: 69.92mg (6.99%), Vitamin B2: 0.08mg (4.67%), Calcium: 41.31mg (4.13%), Zinc: 0.51mg (3.4%),
Vitamin B5: 0.21mg (2.06%)