



Tomato Panzanella



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup torn basil fresh
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 cucumber english sliced
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 cup corn kernels fresh cooked
- ☐ 2 pounds heirloom tomatoes coarsely chopped
- ☐ 0.3 onion red thinly sliced
- ☐ 6 servings salt and pepper to taste

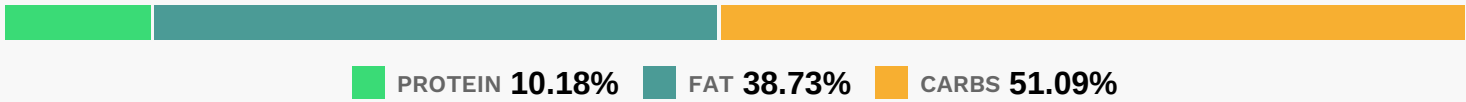
☐ 1 tablespoon sherry vinegar

Equipment

Directions

- ☐ Toss together corn, tomatoes, wine, toasted bread cubes, cucumber, olive oil, onion, basil, and salt and pepper to taste.
- ☐ Let stand 30 minutes.
- ☐ Add vinegar, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:8.9704347473124%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 91.99kcal (4.6%), Fat: 4.3g (6.61%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 10.1g (3.67%), Sugar: 6.55g (7.27%), Cholesterol: 0mg (0%), Sodium: 206.61mg (8.98%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 2.54g (5.08%), Vitamin C: 24.35mg (29.51%), Vitamin A: 1427.59IU (28.55%), Vitamin K: 27.95µg (26.62%), Potassium: 510.54mg (14.59%), Manganese: 0.28mg (13.85%), Fiber: 2.65g (10.59%), Folate: 38.13µg (9.53%), Vitamin E: 1.38mg (9.19%), Vitamin B6: 0.17mg (8.61%), Magnesium: 33.74mg (8.44%), Vitamin B1: 0.11mg (7.31%), Phosphorus: 72.52mg (7.25%), Vitamin B3: 1.39mg (6.97%), Copper: 0.13mg (6.51%), Vitamin B5: 0.45mg (4.47%), Iron: 0.77mg (4.25%), Vitamin B2: 0.06mg (3.6%), Zinc: 0.49mg (3.27%), Calcium: 27.55mg (2.75%)