



Tomato Panzanella with Provolone and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



790 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 4 cups day-old rosemary bread cubed (1-inch) (8 ounces)
- 1 tablespoon capers
- 0.5 cup basil fresh chopped
- 1 garlic clove minced
- 3 ounces 3%-less-sodium ham diced
- 2 ounces sharp provolone cheese diced
- 0.1 teaspoon salt

1.5 pounds tomatoes diced

Equipment

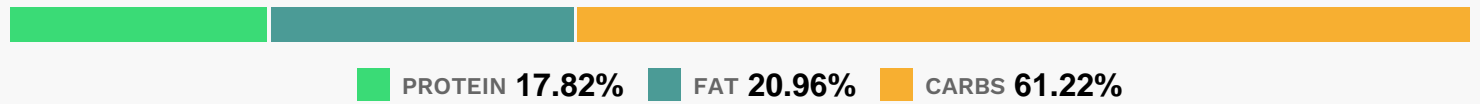
bowl

Directions

Combine first 5 ingredients in a large bowl; cover and marinate in refrigerator 8 hours. Stir in vinegar.

Add bread and remaining ingredients just before serving; toss gently.

Nutrition Facts



Properties

Glycemic Index:76.42, Glycemic Load:62.99, Inflammation Score:-9, Nutrition Score:39.800869257554%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 789.91kcal (39.5%), Fat: 18.44g (28.37%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 121.17g (40.39%), Net Carbohydrates: 109.5g (39.82%), Sugar: 19.33g (21.48%), Cholesterol: 22.96mg (7.65%), Sodium: 1613.16mg (70.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Manganese: 3.09mg (154.68%), Selenium: 75.17µg (107.38%), Vitamin B1: 1.17mg (77.92%), Vitamin B3: 15.25mg (76.27%), Folate: 231.21µg (57.8%), Iron: 9.45mg (52.48%), Fiber: 11.66g (46.66%), Phosphorus: 466.57mg (46.66%), Calcium: 431.62mg (43.16%), Vitamin B2: 0.73mg (42.77%), Vitamin K: 38.5µg (36.67%), Vitamin A: 1708.14IU (34.16%), Magnesium: 127.66mg (31.92%), Vitamin C: 24.64mg (29.86%), Vitamin B6: 0.5mg (25.23%), Zinc: 3.75mg (24.99%), Copper: 0.5mg (24.85%), Potassium: 840.38mg (24.01%), Vitamin B5: 2.27mg (22.69%), Vitamin E: 1.52mg (10.14%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.22µg (1.46%)