



Tomato Panzanella with Shrimp and Basil

 Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



802 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups bread baguette whole-wheat french cubed () (6 ounces)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.5 pound shrimp deveined peeled
- ☐ 5 cups tomato wedges ripe (4 large)

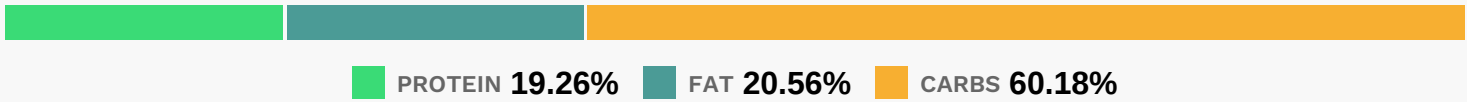
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Place bread cubes on a jelly-roll pan.
- ☐ Bake at 375 for 20 minutes or until crisp and golden brown, turning cubes once.
- ☐ Combine tomatoes and 1/4 teaspoon salt in a large bowl.
- ☐ Sprinkle shrimp with remaining 1/4 teaspoon salt and black pepper.
- ☐ Heat olive oil, red pepper, and garlic in a large nonstick skillet over low heat; cook 5 minutes or until warm and fragrant. Increase heat to medium-high.
- ☐ Add shrimp to pan; saut 2 minutes or until shrimp are done, stirring frequently. Stir in lemon juice.
- ☐ Add bread, shrimp mixture, and basil to tomatoes; toss gently to coat.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:62.78, Inflammation Score:-9, Nutrition Score:41.655651838883%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 802.12kcal (40.11%), Fat: 18.49g (28.45%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 121.75g (40.58%), Net Carbohydrates: 109.73g (39.9%), Sugar: 18.63g (20.7%), Cholesterol: 91.29mg (30.43%), Sodium: 1489.91mg (64.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.93%), Manganese: 3.25mg (162.45%), Selenium: 68.84µg (98.34%), Vitamin B3: 14.46mg (72.32%), Vitamin B1: 1.05mg (70.31%), Vitamin K: 68.28µg (65.03%), Folate: 236.1µg (59.02%), Iron: 9.76mg (54.2%), Phosphorus: 484.03mg (48.4%), Fiber: 12.02g (48.09%), Vitamin A: 2069.32IU (41.39%), Vitamin B2: 0.65mg (37.96%), Calcium: 376.16mg (37.62%), Vitamin C: 30.47mg (36.93%), Copper: 0.73mg (36.68%), Magnesium: 144.85mg (36.21%), Potassium: 977.37mg (27.92%), Zinc: 3.67mg (24.48%), Vitamin B6: 0.49mg (24.3%), Vitamin B5: 2.16mg (21.59%), Vitamin E: 2.59mg (17.29%)