



 **18%**
HEALTH SCORE

Traditional Panzanella

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- 1 pound bread
- 0.3 cup olive oil extra virgin
- 1.5 cups basil fresh
- 1.5 cups basil fresh
- 1 small onion red thinly sliced
- 3 tablespoons red wine vinegar
- 6 servings salt and pepper to taste
- 6 large tomatoes coarsely chopped

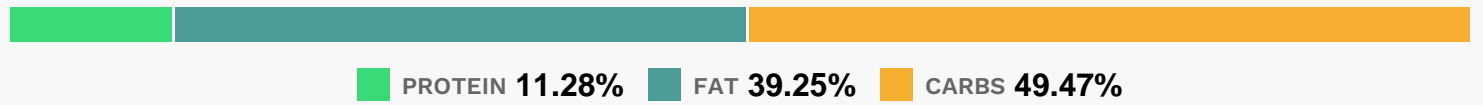
Equipment

bowl

Directions

- In a bowl combine the bread with water and let it stand for at least 20 minutes or until it's soft.
- Drain the bread and squeeze out as much water as you can. Crumble the bread and place it in a serving bowl. Scatter the tomatoes, onions and chopped basil over the top. Dress Panzanella with extra-virgin olive oil and vinegar. Season with salt and pepper and toss well. Taste and adjust the seasoning with more oil, salt and vinegar. Leave Panzanella to stand for 15 minutes and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:21.62, Inflammation Score:-9, Nutrition Score:22.003043478261%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Taste

Sweetness: 79.86%, Saltiness: 33.26%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 56.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 357.5kcal (17.87%), Fat: 15.88g (24.44%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 39.33g (14.3%), Sugar: 9.93g (11.04%), Cholesterol: 0mg (0%), Sodium: 562.53mg (24.46%), Protein: 10.27g (20.55%), Vitamin K: 75.18µg (71.6%), Manganese: 1.27mg (63.7%), Vitamin A: 2150.94IU (43.02%), Vitamin C: 28.64mg (34.71%), Selenium: 21.9µg (31.29%), Vitamin B3: 5.44mg (27.18%), Vitamin B1: 0.39mg (26.04%), Folate: 103.2µg (25.8%), Fiber: 5.71g (22.85%), Iron: 3.73mg (20.75%), Vitamin E: 2.95mg (19.69%),

Potassium: 603.19mg (17.23%), Phosphorus: 153.84mg (15.38%), Magnesium: 60.83mg (15.21%), Vitamin B2: 0.24mg (14.07%), Calcium: 138.85mg (13.88%), Copper: 0.27mg (13.68%), Vitamin B6: 0.27mg (13.51%), Vitamin B5: 0.83mg (8.3%), Zinc: 1.23mg (8.18%)