



Tuscan Panzanella

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

Ingredients

- 1 tablespoon capers drained
- 1 cucumber peeled seeded chopped
- 0.5 cup olive oil extra virgin
- 1 fennel bulb trimmed thinly sliced
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 4 servings kosher salt black
- 2 teaspoons lemon zest grated
- 3 tablespoons olive oil

- 0.5 cup olives pitted halved
- 0.3 cup parmesan shaved
- 1 bell pepper red julienned
- 1 cup onion red thinly sliced
- 0.3 cup red wine vinegar
- 4 cups bread crumbs
- 1 bell pepper yellow julienned

Equipment

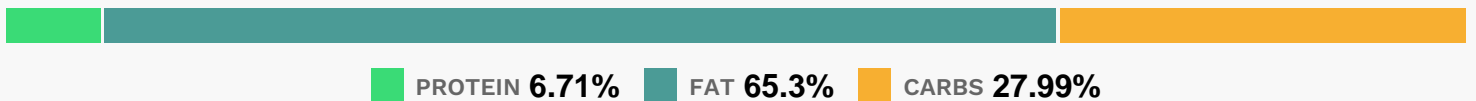
- bowl
- baking sheet
- oven
- whisk
- spatula

Directions

- Preheat the oven to 300°F.
- In a bowl, toss the bread with the olive oil and salt and pepper to taste.
- Spread the bread on a baking sheet and bake for 7 to 10 minutes, until slightly crisp. (The pieces should not be as crispy as croutons.) Alternatively, spread the bread cubes on a baking sheet and let them dry, uncovered, for about 24 hours.
- In a large bowl, whisk together the vinegar, capers, zest, and garlic. Season to taste with salt and pepper.
- Whisking constantly, add the extra virgin olive oil in a stream until well incorporated.
- Add the onion, tomatoes, bell peppers, cucumber, fennel, and olives and toss with the vinaigrette. Adjust the salt and pepper.
- Tear the fennel fronds and add them to the bowl along with the basil and bread. Toss to coat. Set aside for 20 minutes.
- Divide the salad among 4 plates.

- Garnish each plate with shaved cheese and serve. If you prefer a moister salad, drizzle with a little more extra virgin olive oil.
- Taste
- Book, using the USDA Nutrition Database
- From *Fantastico* by Rick Tramonto, Mary Goodbody, and Belinda Chang. Copyright (c) 2007 by Rick Tramonto. Published by Broadway Books. Rick Tramonto, the executive chef/partner of Tru in Chicago, was named one of Food & Wine's Top Ten Best Chefs in the country in 1994 and selected as one of America's Rising Star Chefs by Robert Mondavi in 1999
- He has also been nominated four times for the James Beard Award for Best Chef in the Midwest, winning the award in 2000
- Tru, which opened its doors in May 1999, was nominated for the 2000 James Beard Award for Best New Restaurant and named one of the Top 50 Best Restaurants in the World by Condé Nast Traveler. Tramonto is the coauthor, with his partner Gale Gand, of *American Brasserie* and *Butter Sugar Flour Eggs*. Mary Goodbody is a nationally known food writer and editor who has worked on more than forty-five books. Her most recent credits include *Williams-Sonoma Kitchen Companion*, *The Garden Entertaining Cookbook*, and *Back to the Table*. She is the editor of the IACP Food Forum Quarterly, was the first editor in chief of *Cooks* magazine, and is a senior contributing editor for *Chocolatier* magazine and *Pastry Art & Design* magazine. Tim Turner is a nationally acclaimed food and tabletop photographer. He is a two-time James Beard Award winner for Best Food Photography, winning most recently in 2000
- His previous projects include *Charlie Trotter's Recipes*, *Charlie Trotter's Meat and Game*, *The Inn at Little Washington*, *Norman's New World Cuisine* (by Norman Van Aken), *Jacques Pepin's Kitchen*, and *American Brasserie*.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:17.360434654614%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg, Myricetin: 0.09mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg

Nutrients (% of daily need)

Calories: 409.9kcal (20.49%), Fat: 30.44g (46.83%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 23.69g (8.62%), Sugar: 15.13g (16.82%), Cholesterol: 4.25mg (1.42%), Sodium: 753.49mg (32.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Vitamin C: 107.01mg (129.7%), Vitamin K: 60.4µg (57.52%), Vitamin A: 1321.75IU (26.43%), Vitamin E: 3.82mg (25.46%), Fiber: 5.66g (22.63%), Folate: 75.53µg (18.88%), Potassium: 617.89mg (17.65%), Manganese: 0.33mg (16.31%), Calcium: 143.82mg (14.38%), Vitamin B6: 0.28mg (13.75%), Phosphorus: 129.39mg (12.94%), Vitamin B3: 2.36mg (11.79%), Iron: 1.92mg (10.68%), Magnesium: 42.01mg (10.5%), Copper: 0.18mg (9.23%), Vitamin B1: 0.12mg (8%), Vitamin B2: 0.13mg (7.86%), Vitamin B5: 0.55mg (5.53%), Zinc: 0.71mg (4.71%), Selenium: 2.5µg (3.58%), Vitamin B12: 0.08µg (1.25%)