



Tuscan Panzanella Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette
- 19 ounces cannellini beans rinsed drained canned
- 1 cup grape tomatoes sweet
- 0.3 cup kalamata olives pitted cut in half
- 10 ounces romaine leaves
- 0.5 cup onion red thinly sliced

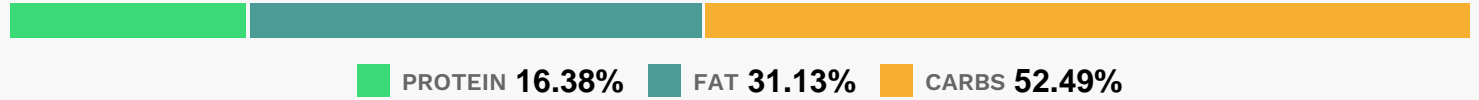
Equipment

- bowl

Directions

- Toss all ingredients except vinaigrette in large bowl.
- Pour vinaigrette over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:12.914347679719%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 178.18kcal (8.91%), Fat: 6.28g (9.66%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 18.27g (6.64%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 254.49mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin A: 3734.93IU (74.7%), Manganese: 0.65mg (32.48%), Fiber: 5.55g (22.22%), Folate: 82.79µg (20.7%), Iron: 3.24mg (18.01%), Potassium: 580.71mg (16.59%), Vitamin C: 12.89mg (15.63%), Magnesium: 56.82mg (14.2%), Copper: 0.24mg (11.86%), Phosphorus: 105.52mg (10.55%), Vitamin B1: 0.15mg (10.02%), Calcium: 93.3mg (9.33%), Vitamin E: 1.27mg (8.49%), Zinc: 1.17mg (7.79%), Vitamin B6: 0.15mg (7.64%), Vitamin B2: 0.09mg (5.25%), Vitamin K: 4.72µg (4.5%), Selenium: 1.85µg (2.65%), Vitamin B3: 0.47mg (2.36%), Vitamin B5: 0.21mg (2.06%)