



Whole Wheat Mediterranean Panzanella

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



792 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups cucumber english cubed
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.5 cup basil leaves fresh
- ☐ 0.5 cup kalamata olives pitted
- ☐ 0.1 teaspoon salt
- ☐ 6.5 cups tomatoes chopped (3 very large)
- ☐ 1 tablespoon vegetable oil

- ☐ 3 tablespoons balsamic vinegar white
- ☐ 4 cups bread whole wheat country-style

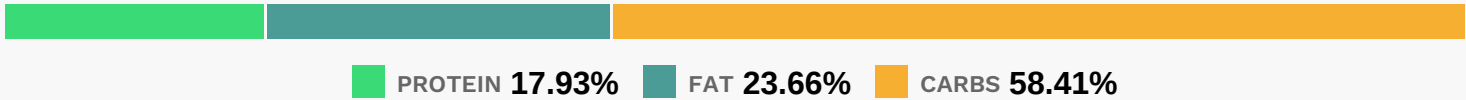
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk. Stir in tomato and next 3 ingredients.
- ☐ Add bread and cheese; toss gently.
- ☐ Serve immediately.
- ☐ Serve with: Prosciutto-Wrapped Melon Slices

Nutrition Facts



Properties

Glycemic Index:71.67, Glycemic Load:65.01, Inflammation Score:-10, Nutrition Score:45.928260875785%

Flavonoids

Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 791.58kcal (39.58%), Fat: 21.03g (32.35%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 116.75g (38.92%), Net Carbohydrates: 98.82g (35.94%), Sugar: 19.35g (21.5%), Cholesterol: 25.23mg (8.41%), Sodium: 1739.54mg (75.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Manganese: 5.43mg (271.61%), Selenium: 65.58µg (93.68%), Fiber: 17.93g (71.73%), Vitamin B1: 1.07mg (71.57%), Phosphorus: 669.41mg (66.94%), Vitamin B3: 12.31mg (61.53%), Vitamin K: 63.63µg (60.6%), Calcium: 573.78mg (57.38%), Magnesium: 224.69mg (56.17%), Vitamin A: 2409.84IU (48.2%), Vitamin B6: 0.85mg (42.54%), Vitamin C: 34.8mg (42.19%), Vitamin B2: 0.69mg (40.86%), Iron: 7.28mg (40.45%), Folate: 150.06µg (37.51%), Copper: 0.74mg (36.96%), Zinc: 5.51mg (36.75%), Potassium: 1271.27mg (36.32%), Vitamin E: 3.59mg (23.96%), Vitamin B5: 2.23mg (22.26%),

Vitamin B12: 0.48µg (7.99%)