

health-score 70%

HEALTH SCORE

Winter Panzanella

Very Healthy

READY IN

ready

85 min.

SERVINGS

servings

6

CALORIES

calories

840 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 cups day-old bread cubed
- ☐ 0.5 pound brussels sprouts ends trimmed quartered
- ☐ 4 cups butternut squash diced peeled seeded ()
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh finely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 6 tablespoons parmesan finely grated plus more for garnish
- ☐ 0.5 cup parsley leaves fresh italian
- ☐ 1 small onion red sliced
- ☐ 6 servings gray salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 tablespoons sherry vinegar
- ☐ 0.3 cup butter unsalted

Equipment

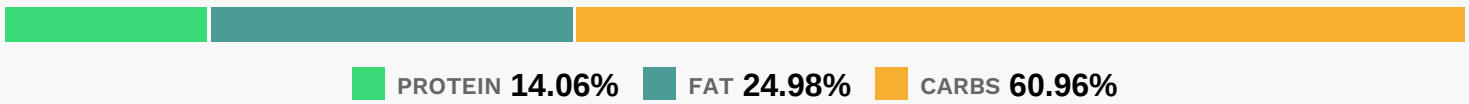
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Melt the butter in a large skillet over moderate heat and cook until it foams.
- ☐ Add the garlic and thyme, and immediately add the bread cubes. Toss to coat well.
- ☐ Add most of the grated cheese and stir.
- ☐ Transfer bread to a baking sheet and sprinkle with the remaining cheese and salt and pepper and gently toss again while still warm to melt the cheese.
- ☐ Bake stirring once or twice, until the croutons are crisp and lightly colored on the outside but still soft within, about 10 to 15 minutes. Set aside and let cool.
- ☐ Soak the sliced onion in the sherry vinegar and a pinch of salt for about 15 minutes. Set aside.
- ☐ Toss the squash with 1 1/2 tablespoons of the olive oil, sage, salt, and pepper. Arrange in a single layer on a baking sheet and bake until the squash is tender and lightly caramelized, about 15 to minutes.
- ☐ Let cool.

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the quartered Brussels sprouts and cook until tender but retain a touch of crispness, about 1 1/2 minutes, and drain.
- ☐ Into the reserved red onions and vinegar, whisk in remaining 1/2 cup olive oil. Season with pepper.
- ☐ In a large bowl combine the roasted squash, croutons, and Brussels sprouts.
- ☐ Add the vinaigrette and toss.
- ☐ Add the parsley leaves and toss again. Taste and adjust the seasoning.
- ☐ Garnish with grated Parmesan and serve immediately.
- ☐ Chef note: "Soaking the onion briefly in sherry vinegar--sometimes called blooming the onion--mellows the raw onion taste."

Nutrition Facts



Properties

Glycemic Index:52.61, Glycemic Load:61.62, Inflammation Score:-10, Nutrition Score:51.452173849811%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 840.42kcal (42.02%), Fat: 23.62g (36.34%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 129.68g (43.23%), Net Carbohydrates: 116.2g (42.25%), Sugar: 17.32g (19.24%), Cholesterol: 23.74mg (7.91%), Sodium: 1411.7mg (61.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.82%), Vitamin A: 10940.91IU (218.82%), Copper: 3.5mg (175.15%), Manganese: 3.33mg (166.31%), Vitamin K: 164.86µg (157.01%), Selenium: 70.68µg (100.97%), Vitamin B1: 1.14mg (75.93%), Vitamin C: 61.63mg (74.7%), Vitamin B3: 14.75mg (73.76%), Folate: 261.44µg (65.36%), Iron: 10.41mg (57.84%), Fiber: 13.48g (53.92%), Calcium: 441.55mg (44.16%), Phosphorus: 410.79mg (41.08%), Vitamin B2: 0.68mg (40.26%), Magnesium: 147.81mg (36.95%), Vitamin B6: 0.54mg (26.79%), Potassium: 888.49mg (25.39%), Vitamin B5: 2.52mg (25.17%), Zinc: 3.04mg (20.25%), Vitamin E: 2.92mg (19.46%), Vitamin B12: 0.08µg (1.27%), Vitamin D: 0.17µg (1.11%)