

Italian Panzanella Bread Salad

Yield: 10 min
Total Time: 92 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-panzanella-recipe>

Ingredients:

- 8 ounces country style white bread cut into 1 inch cubes
- 3 tablespoons olive oil garlic flavored
- 1/2 teaspoon coarse salt
- 15 ounces garbanzo beans rinsed and drained
- 2 cups teardrop tomatoes red or yellow, halved
- 1/3 cup chopped green bell pepper
- 1/3 cup red bell pepper chopped
- 1 red onion small, cut into 3/4 inch slices
- 10 Kalamata olives pitted and halved
- 1/3 cup basil pesto
- 1/4 cup balsamic vinegar
- 1 tablespoon fresh rosemary minced
- 1/4 teaspoon black pepper
- 4 ounces goat cheese crumbled
- 1 head red leaf lettuce or green
- 1/4 cup toasted pine nuts

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 9 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 350 milligrams
9. Sugar: 8 grams

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