

# Panzanella Salad

Yield: 7 min  
Total Time: 35 min

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

## Ingredients:

- 3/4 cup extra virgin olive oil divided
- 6 cups rustic Italian bread cut into 1-in cubes, about 3/4 lb
- 1 teaspoon salt divided
- 1 1/2 pounds tomatoes cut into 1-in cubes, about 2 large
- 2 orange bell peppers or red, yellow, cut into 1-in cubes
- 1 hothouse cucumber or small English, seeded and thinly sliced
- 3 tablespoons capers drained
- 3 tablespoons white wine vinegar
- 1 clove garlic minced
- 3 tablespoons minced shallots finely, from 1 large shallot
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup chopped basil fresh

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 9 grams
3. Fat: 23 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 3 grams
7. Sodium: 460 milligrams
8. Sugar: 5 grams

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