

Spring Panzanella

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spring-beans-indian-recipe>

Ingredients:

- 1/4 cup olive oil
- 2 cloves garlic finely chopped
- 6 cups day old bread crust removed, cubed
- 6 tablespoons grated Parmesan finely, plus more for garnish
- ground black pepper
- salt
- 1/2 red onion finely diced
- 2 1/2 tablespoons champagne vinegar
- 1/2 lemon
- 1/4 cup olive oil
- 1/2 teaspoon Dijon mustard
- 4 leeks large
- 2 teaspoons salt
- 1 pound asparagus
- 19 ounces white beans rinsed and drained or 1 1/2 cups cooked white beans

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 10 milligrams
4. Fat: 30 grams
5. Fiber: 12 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 1550 milligrams
9. Sugar: 7 grams

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