



Bread Salad with Mint and Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1.3 cups cucumber peeled seeded chopped



1 tablespoon cilantro leaves fresh chopped



0.3 cup flat-leaf parsley fresh chopped



0.3 cup mint leaves fresh chopped



2 garlic cloves minced



0.5 cup green onions sliced (3)



6 tablespoons juice of lemon fresh (2 lemons)

- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 6-inch pitas toasted ()
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes chopped (3 medium)

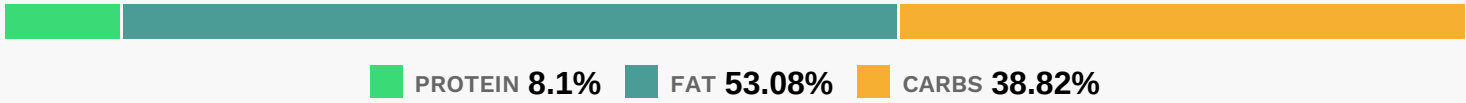
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add tomato and remaining ingredients; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:6.7104348462561%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 44.25kcal (2.21%), Fat: 2.85g (4.39%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.22g (2.46%), Cholesterol: 0mg (0%), Sodium: 153.07mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 61.8µg (58.86%), Vitamin C: 17.87mg (21.66%), Vitamin A: 817.85IU (16.36%), Manganese: 0.14mg (7.05%), Potassium: 216.66mg (6.19%), Folate: 23.08µg (5.77%), Vitamin E: 0.76mg (5.06%), Fiber: 1.26g (5.05%), Vitamin B6: 0.08mg (3.91%), Copper: 0.07mg (3.38%),

Magnesium: 13.42mg (3.36%), Iron: 0.57mg (3.17%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 25.07mg (2.51%), Calcium: 22.82mg (2.28%), Vitamin B3: 0.45mg (2.26%), Vitamin B2: 0.03mg (1.77%), Zinc: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.41%)