



Chopped Arabic Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb cucumber peeled halved lengthwise seeded cut into 1/4-inch dice (2 1/3 cups)
- ☐ 1 cup spring onion red finely chopped chopped (1 small) (5)
- ☐ 1 cup parsley fresh finely chopped (from 1 large bunch)
- ☐ 0.5 cup mint leaves fresh finely chopped (from 1 bunch)
- ☐ 1 optional: lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt

- ☐ 1 lb tomatoes cut into 1/3-inch dice (2 1/2 cups) (3 medium)
- ☐ 1 cup frangelico coarsely chopped
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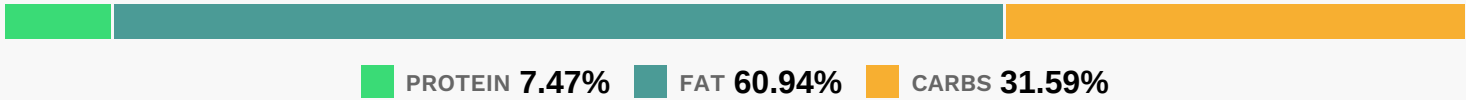
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Cut peel, including all white pith, from lemon with a sharp paring knife. Working over a bowl, cut segments from half of lemon free from membranes and transfer segments to a cutting board, then squeeze juice from membranes and remaining 1/2 lemon into bowl.
- ☐ Transfer 2 tablespoons juice to a large bowl, then finely chop segments and add to measured juice.
- ☐ Add salt, pepper, and oil, whisking to combine, then stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:2.4, Inflammation Score:-9, Nutrition Score:17.95521744697%

Flavonoids

Eriodictyol: 7.51mg, Eriodictyol: 7.51mg, Eriodictyol: 7.51mg, Eriodictyol: 7.51mg Hesperetin: 8.1mg, Hesperetin: 8.1mg, Hesperetin: 8.1mg, Hesperetin: 8.1mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 152.32kcal (7.62%), Fat: 11.21g (17.25%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 8.54g (3.11%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 458.88mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 321.4µg (306.09%), Vitamin C: 59.91mg (72.62%), Vitamin A: 2784.68IU (55.69%), Folate: 81.09µg (20.27%), Potassium: 646.2mg (18.46%), Manganese: 0.37mg (18.37%), Fiber: 4.54g (18.15%), Vitamin E: 2.45mg (16.33%), Iron: 2.38mg (13.21%), Magnesium: 45.47mg (11.37%), Copper: 0.22mg (11.05%), Vitamin B6: 0.21mg (10.33%), Calcium: 87.53mg (8.75%), Vitamin B1: 0.12mg (7.95%), Phosphorus: 77.6mg (7.76%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.17mg (5.84%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.72mg (4.83%)