



Cook the Book: Fattoush, Lebanese Pita Bread Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 0.3 cup mint leaves dried fresh crumbled finely chopped
- ☐ 2 tablespoons sumac powder
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 8 radishes sliced cut in half

- ☐ 1 small head the of 1 cos lettuce
- ☐ 8 spring onion white green sliced
- ☐ 1 teaspoon sea salt
- ☐ 3 medium tomatoes thick cut into chunks
- ☐ 2 small flatbreads (pita)

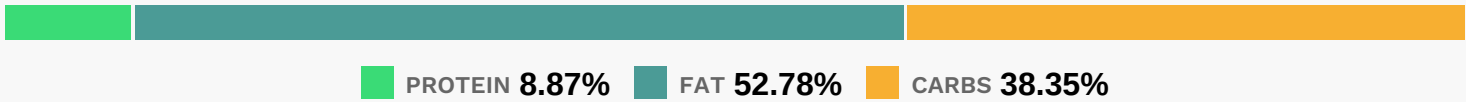
Equipment

- ☐ bowl
- ☐ knife
- ☐ broiler

Directions

- ☐ Split each of the breads in half horizontally so that you have 4 thin rounds of bread. Toast the breads lightly under the broiler, just enough to turn them pale golden and crisp.
- ☐ Break up the crisp toast into small pieces and put in the bottom of a large salad bowl. Pile the salad vegetables on top, in the order listed, sprinkling the parsley and mint over the top.
- ☐ Crush the garlic with the flat blade of a knife and chop it coarsely. In a separate small bowl, mash the garlic with the salt, using the back of a spoon. Stir in the lemon juice and oil, beating with a fork to mix well, and pour the dressing over the salad. Grind the black pepper over the top and sprinkle the sumac on last. Take the salad bowl to the table and toss the ingredients together just before serving to keep the bread from getting soggy before it is served.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:19.344347808672%

Flavonoids

Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg

Apigenin: 7.32mg, Apigenin: 7.32mg, Apigenin: 7.32mg, Apigenin: 7.32mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 154.71kcal (7.74%), Fat: 9.78g (15.04%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 11.37g (4.14%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 462.72mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin A: 10147.78IU (202.96%), Vitamin K: 205.42µg (195.64%), Folate: 177.33µg (44.33%), Vitamin C: 25.56mg (30.98%), Manganese: 0.54mg (27.14%), Fiber: 4.61g (18.44%), Potassium: 527.37mg (15.07%), Vitamin E: 1.97mg (13.16%), Iron: 2.25mg (12.48%), Vitamin B1: 0.16mg (10.67%), Magnesium: 38.76mg (9.69%), Vitamin B6: 0.19mg (9.32%), Selenium: 6.43µg (9.19%), Phosphorus: 81.78mg (8.18%), Copper: 0.16mg (7.87%), Vitamin B2: 0.12mg (6.99%), Calcium: 67.49mg (6.75%), Vitamin B3: 1.26mg (6.32%), Zinc: 0.7mg (4.63%), Vitamin B5: 0.37mg (3.71%)