



HEALTH SCORE

61%

Ezme Salatasi (Turkish Tomato Salad)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 large cucumber diced peeled
- 0.3 teaspoon cumin
- 2 cloves garlic minced
- 2 tablespoons juice of lemon
- 1 small onion diced
- 0.5 teaspoon paprika
- 0.5 cup parsley finely chopped
- 4 servings pepper black generous

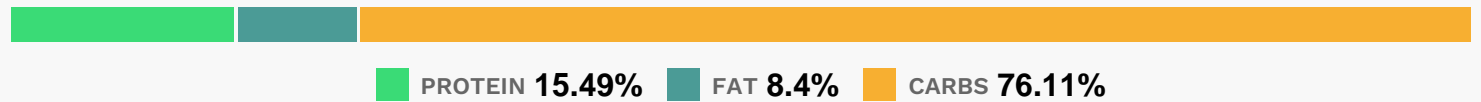
- 1 tablespoon red wine vinegar
- 2 tablespoons sacramento tomato juice (or tomato juice)
- 2 large tomatoes chopped (or 4 medium)
- 0.5 bell pepper yellow seeded chopped

Equipment

Directions

- Combine all ingredients and mix well.
- Serve immediately or chill for an hour. Try it in a pita with hummus or on top of a green salad.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:13.150434944941%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 41.58kcal (2.08%), Fat: 0.44g (0.67%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 6.71g (2.44%), Sugar: 4.18g (4.64%), Cholesterol: 0mg (0%), Sodium: 12.22mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 133.35µg (127%), Vitamin C: 56.91mg (68.98%), Vitamin A: 1604.25IU (32.09%), Manganese: 0.23mg (11.75%), Potassium: 403.3mg (11.52%), Folate: 40.32µg (10.08%), Vitamin B6: 0.18mg (8.99%), Fiber: 2.23g (8.9%), Copper: 0.13mg (6.36%), Iron: 1.12mg (6.21%), Magnesium: 24.36mg (6.09%), Vitamin B1: 0.07mg (4.88%), Phosphorus: 48.28mg (4.83%), Vitamin B3: 0.9mg (4.52%), Vitamin E: 0.68mg (4.5%), Calcium: 36.32mg (3.63%), Vitamin B2: 0.05mg (2.97%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.4mg (2.67%)