



Fattoosh Mixed Herb and Toasted Pita Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber thinly sliced quartered
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1.5 cups parsley fresh chopped
- ☐ 1 cup spring onion thinly sliced
- ☐ 3 tablespoons sumac powder
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 6-inch wholewheat pita breads ()
- ☐ 8 cups the of 1 cos lettuce thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes chopped

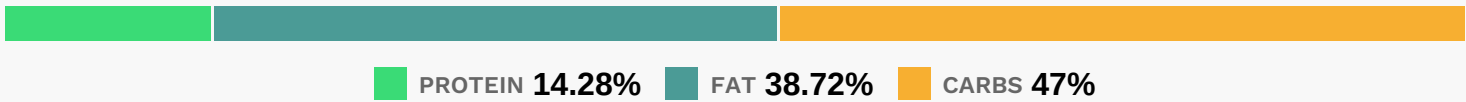
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place pitas in a single layer on a baking sheet.
- ☐ Bake at 400 for 6 minutes or until toasted; break into bite-size pieces.
- ☐ Combine pita, sumac, and oil, tossing well to coat.
- ☐ Add lettuce and remaining ingredients; toss well.
- ☐ Note: Ground sumac is available at Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:21.546521596287%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 48.78mg, Apigenin: 48.78mg, Apigenin: 48.78mg, Apigenin: 48.78mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 3.44mg, Myricetin: 3.44mg, Myricetin: 3.44mg, Myricetin: 3.44mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 89.72kcal (4.49%), Fat: 4.32g (6.65%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 6.62g (2.41%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 324.35mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin K: 529.88µg (504.65%), Vitamin A: 11239.46IU (224.79%), Vitamin C: 52.51mg (63.65%), Folate: 205.06µg (51.26%), Manganese: 0.42mg (21.22%), Fiber: 5.19g

(20.75%), Potassium: 725.54mg (20.73%), Iron: 3.34mg (18.55%), Magnesium: 50.22mg (12.56%), Calcium: 111.14mg (11.11%), Copper: 0.21mg (10.51%), Vitamin B1: 0.15mg (10.33%), Vitamin B6: 0.21mg (10.3%), Vitamin E: 1.35mg (9.03%), Vitamin B2: 0.15mg (8.9%), Phosphorus: 86.94mg (8.69%), Vitamin B3: 1.29mg (6.47%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.49mg (4.89%)