



Fattoush

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- 1 pinch celery salt
- 1 teaspoon cilantro leaves
- 2 small cucumbers diced peeled
- 0.5 teaspoon onion flakes dried
- 15 mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 1 pinch garlic powder
- 1 bell pepper green chopped

- 3 green onions minced
- 0.3 cup juice of lemon
- 0.5 teaspoon lemon pepper
- 4 servings oil for frying
- 0.3 cup olive oil
- 3 pita rounds
- 2 cups torn romaine lettuce
- 1 pinch salt
- 2 tomatoes chopped
- 2 teaspoons citrus champagne vinegar

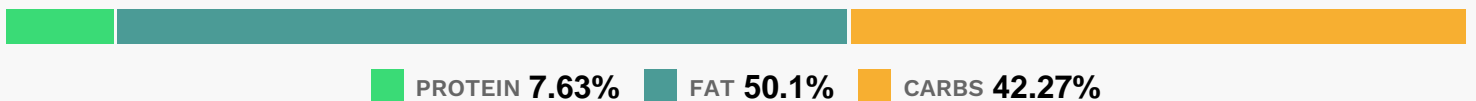
Equipment

- bowl
- frying pan
- paper towels

Directions

- Heat oil in a large skillet over medium-high heat.
- Place pita pieces into the skillet without crowding. Fry in batches until browned; then remove to paper towels.
- Place romaine lettuce, tomatoes, cucumbers, bell pepper, green onions, mint leaves, parsley, and cilantro into a large bowl.
- Pour lemon juice and white wine vinegar into a small bowl. Season with salt, lemon pepper, onion flakes, celery salt, and garlic powder. Stir in olive oil.
- Gently toss salad with fried pita pieces and dressing. Adjust seasonings to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:22.89, Inflammation Score:-10, Nutrition Score:18.598260875629%

Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.29mg, Apigenin: 8.29mg, Apigenin: 8.29mg, Apigenin: 8.29mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 303.64kcal (15.18%), Fat: 17.3g (26.62%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 32.85g (10.95%), Net Carbohydrates: 28.81g (10.48%), Sugar: 4.56g (5.07%), Cholesterol: 0mg (0%), Sodium: 257.46mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 127.6µg (121.52%), Vitamin A: 3295.11IU (65.9%), Vitamin C: 50.07mg (60.69%), Manganese: 0.51mg (25.54%), Folate: 85.18µg (21.29%), Vitamin E: 3.04mg (20.24%), Fiber: 4.04g (16.16%), Potassium: 511.22mg (14.61%), Vitamin B1: 0.21mg (14.11%), Copper: 0.23mg (11.4%), Vitamin B6: 0.22mg (10.98%), Iron: 1.95mg (10.82%), Magnesium: 42.14mg (10.54%), Phosphorus: 97.13mg (9.71%), Calcium: 88.77mg (8.88%), Vitamin B3: 1.69mg (8.47%), Vitamin B2: 0.12mg (7.09%), Zinc: 0.83mg (5.5%), Vitamin B5: 0.54mg (5.41%)