



Fattoush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- 1 pound cucumber english thinly sliced quartered
- 0.5 teaspoon mint dried
- 2 cups flat parsley loosely packed ()
- 1 cup mint leaves fresh
- 2 small garlic clove minced
- 4 teaspoons sumac powder for 15 minutes
- 8 servings kosher salt
- 3 tablespoons juice of lemon fresh ()

- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons pomegranate molasses ()
- 2 small the of 1 cos lettuce trimmed
- 6 spring onion thinly sliced
- 3 medium cherry tomatoes ripe chopped
- 2 teaspoons citrus champagne vinegar ()

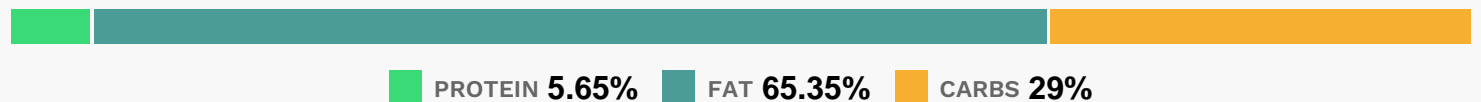
Equipment

- bowl
- whisk

Directions

- Combine sumac with soaking liquid, 3 tablespoons lemon juice, 2 tablespoons pomegranate molasses, garlic, 2 teaspoons vinegar, and dried mint in a small bowl. Gradually add oil, whisking constantly, until well blended. Season with salt; add more lemon juice, pomegranate molasses, and vinegar to taste, if desired.
- Place pita pieces in a medium bowl; pour oil over and toss to coat. Season pita to taste with salt.
- Mix tomatoes and next 6 ingredients in a large bowl.
- Add 3/4 of dressing; toss to coat, adding more dressing by tablespoonfuls as needed. Season with salt.
- Add pita; toss once.
- Sprinkle sumac over, if desired.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:11.905652188736%

Flavonoids

Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 93.71kcal (4.69%), Fat: 7.08g (10.89%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.25g (1.91%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 208.3mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin K: 280.14µg (266.8%), Vitamin A: 2277.69IU (45.55%), Vitamin C: 29.4mg (35.63%), Folate: 54.57µg (13.64%), Iron: 1.67mg (9.3%), Manganese: 0.18mg (9.07%), Vitamin E: 1.2mg (8.03%), Potassium: 258.24mg (7.38%), Fiber: 1.81g (7.24%), Magnesium: 22.93mg (5.73%), Calcium: 54.22mg (5.42%), Copper: 0.1mg (5.03%), Vitamin B6: 0.08mg (3.9%), Vitamin B2: 0.06mg (3.48%), Phosphorus: 33.71mg (3.37%), Vitamin B1: 0.05mg (3.35%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.43mg (2.14%)