



Fattoush

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- 1 large cucumber diced
- 1 cup mint leaves fresh chopped
- 6 cloves garlic crushed
- 1 cup bell pepper diced green
- 1 cup juice of lemon freshly squeezed
- 1.5 cups olive oil
- 0.8 cup parsley chopped
- 3 small wholewheat pita breads

- 3 radishes sliced in semicircles
- 1 small the of 1 cos lettuce
- 4 servings salt and pepper to taste
- 1 cup spring onion chopped
- 0.5 cup sumac powder
- 2 cherry tomatoes diced halved (or 1 pint cherry tomatoes,)
- 0.5 cup vegetable oil for frying

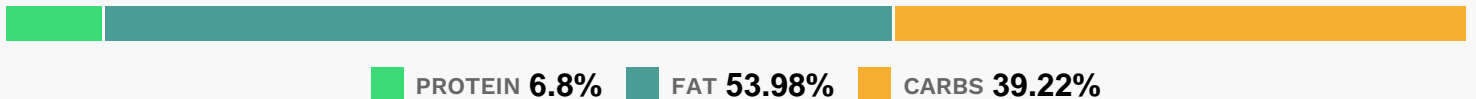
Equipment

- bowl
- paper towels
- whisk

Directions

- Tear the bread into pieces (roughly 1-inch-square).
- Heat the vegetable oil over medium heat, and fry the bread bits until nicely browned and crisp, then set aside to drain on a plate lined with paper towels; or you can toast the pita instead of frying.
- Combine vegetables, lettuce, parsley, and bread pieces in a large bowl, and toss well.
- Whisk olive oil and lemon juice, and mix in garlic, sumac, mint, and salt and pepper to taste.
- Pour dressing over salad and toss thoroughly.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:22.98, Inflammation Score:-9, Nutrition Score:20.976521678593%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg Hesperetin: 9.97mg, Hesperetin: 9.97mg, Hesperetin:

9.97mg, Hesperetin: 9.97mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg
Apigenin: 24.92mg, Apigenin: 24.92mg, Apigenin: 24.92mg, Apigenin: 24.92mg Luteolin: 3.4mg, Luteolin: 3.4mg,
Luteolin: 3.4mg, Luteolin: 3.4mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol:
0.57mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 4.04mg, Quercetin:
4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 365.99kcal (18.3%), Fat: 22.77g (35.04%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 37.23g (12.41%),
Net Carbohydrates: 32.73g (11.9%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 439.58mg (19.11%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.91%), Vitamin K: 271.35µg (258.43%), Vitamin C:
83.1mg (100.73%), Vitamin A: 2518.61IU (50.37%), Manganese: 0.59mg (29.69%), Folate: 93.24µg (23.31%), Vitamin
E: 3.31mg (22.07%), Fiber: 4.5g (18%), Iron: 2.86mg (15.9%), Potassium: 530.01mg (15.14%), Vitamin B1: 0.22mg
(14.65%), Vitamin B6: 0.27mg (13.56%), Copper: 0.25mg (12.7%), Calcium: 126.59mg (12.66%), Magnesium: 49.51mg
(12.38%), Phosphorus: 103.72mg (10.37%), Vitamin B2: 0.15mg (8.91%), Vitamin B3: 1.74mg (8.68%), Zinc: 0.98mg
(6.55%), Vitamin B5: 0.61mg (6.06%), Selenium: 1.02µg (1.46%)