



Fattoush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 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
- ☐ 2 cups the of 1 cos lettuce
- ☐ 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 ()
- ☐ 2 frangelico toasted halved
- ☐ 2 frangelico toasted halved

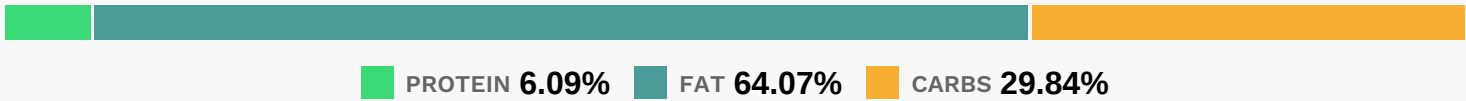
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine sumac with soakingliquid, 3 tablespoons lemon juice, 2 tablespoons pomegranatemolasses, garlic, 2 teaspoons vinegar,and dried mint in a small bowl. Graduallyadd oil, whisking constantly, until wellblended. Season with salt; add more lemonjuice, pomegranate molasses, and vinegarto taste, if desired.
- ☐ Place pita pieces in a medium bowl;pour oil over and toss to coat. Season pita totaste with salt.
- ☐ Mix tomatoes and next 6 ingredients ina large bowl.
- ☐ Add 3/4 of dressing; toss to coat,adding more dressing by tablespoonfulsas needed. Season with salt.
- ☐ Add pita; tossonce.
- ☐ Sprinkle sumac over, if desired.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:13.297391145126%

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: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 95.71kcal (4.79%), Fat: 7.11g (10.94%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 209.24mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 292.19µg (278.27%), Vitamin A: 3301.11IU (66.02%), Vitamin C: 29.87mg (36.2%), Folate: 70.55µg (17.64%), Manganese: 0.2mg (9.98%), Iron: 1.79mg (9.94%), Fiber: 2.06g (8.22%), Potassium: 287.26mg (8.21%), Vitamin E: 1.22mg (8.13%), Magnesium: 24.57mg (6.14%), Calcium: 58.1mg (5.81%), Copper: 0.11mg (5.31%), Vitamin B6: 0.09mg (4.34%), Vitamin B2: 0.07mg (3.95%), Vitamin B1: 0.06mg (3.92%), Phosphorus: 37.24mg (3.72%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.47mg (2.33%)