



HEALTH SCORE

99%

Fattoush



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 1 pint cherry tomatoes halved
- ☐ 2 cups chicken shredded cooked
- ☐ 1.5 cups cucumber peeled chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 cup fennel bulb thinly sliced

- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 6-inch wholewheat pita breads ()
- ☐ 8 cups the of 1 cos lettuce chopped
- ☐ 0.3 teaspoon salt

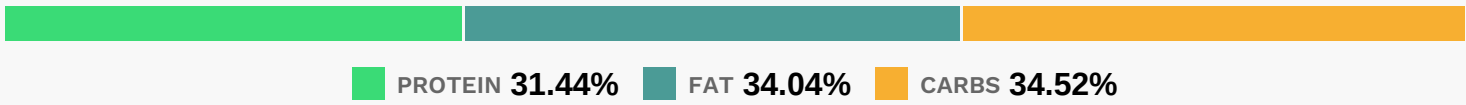
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a bowl, stirring with a whisk.
- ☐ Combine lettuce and the remaining ingredients in a large bowl; toss gently.
- ☐ Drizzle juice mixture over chicken mixture; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:31.122608516527%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 326.68kcal (16.33%), Fat: 12.72g (19.57%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 18.84g (6.85%), Sugar: 8.2g (9.11%), Cholesterol: 52.5mg (17.5%), Sodium: 523.89mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.87%), Vitamin K: 204.46µg (194.72%), Vitamin A: 9380.56IU (187.61%), Vitamin C: 49.14mg (59.57%), Folate: 204.73µg (51.18%), Fiber: 10.17g (40.67%), Manganese: 0.75mg (37.36%), Vitamin B3: 7.3mg (36.48%), Phosphorus: 340.32mg (34.03%), Potassium: 1164.37mg (33.27%), Vitamin B6: 0.59mg (29.56%), Selenium: 20.06µg (28.66%), Iron: 4.75mg (26.39%), Magnesium: 87.74mg (21.93%), Copper: 0.41mg (20.38%), Vitamin B1: 0.3mg (20.11%), Vitamin B2: 0.3mg (17.89%), Zinc: 2.36mg (15.73%), Vitamin E: 2.06mg (13.72%), Vitamin B5: 1.33mg (13.33%), Calcium: 121.76mg (12.18%), Vitamin B12: 0.2µg (3.38%)