



Fattoush



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 3 cups bite-sized pieces of rinsed
- ☐ 2 cups cherry tomatoes
- ☐ 0.5 cucumber english rinsed quartered
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 teaspoon coarse-ground pepper
- ☐ 0.1 teaspoon ground sumac
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup parsley leaves italian
- ☐ 2 pocket breads
- ☐ 0.5 teaspoon salt
- ☐ 0.5 onion sweet

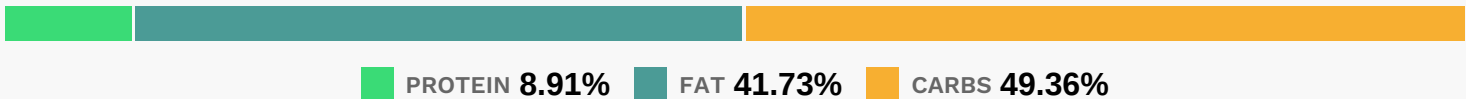
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Cut 2 pocket breads (7 in.) into 1-inch squares. Put in a zip-lock plastic bag with 2 teaspoons olive oil; seal bag and turn to coat.
- ☐ Pour pieces into a 10- by 15-inch baking pan and spread into a single layer.
- ☐ Bake in a 450 oven until crisp and lightly browned, about 5 minutes.
- ☐ Let cool at least 10 minutes. Meanwhile, in a large bowl, mix 2 tablespoons lemon juice, 2 tablespoons extra-virgin olive oil, 1/2 teaspoon salt, 1/4 teaspoon coarse-ground pepper, and 1/8 teaspoon ground sumac (optional; available in markets that carry Mediterranean ingredients).
- ☐ Add 3 cups bite-size pieces of rinsed and crisped romaine lettuce leaves (about 4 oz.); half an English cucumber, rinsed, quartered lengthwise, and cut into 1/2-inch chunks; 2 cups cherry tomatoes, rinsed and stemmed (cut in half if larger than 3/4 in.); half a sweet onion (8 oz.), thinly slivered; 1/2 cup Italian parsley leaves; 3 tablespoons chopped fresh mint leaves; and the pocket-bread chips.
- ☐ Mix gently to coat.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:14.62, Inflammation Score:-10, Nutrition Score:17.367826140445%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.37mg, Apigenin: 16.37mg, Apigenin: 16.37mg, Apigenin: 16.37mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 202.12kcal (10.11%), Fat: 9.71g (14.95%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 22.82g (8.3%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 461.48mg (20.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin K: 173.11µg (164.87%), Vitamin A: 4266.6IU (85.33%), Vitamin C: 35.5mg (43.03%), Folate: 93.68µg (23.42%), Manganese: 0.4mg (20.12%), Potassium: 459.86mg (13.14%), Vitamin E: 1.85mg (12.32%), Fiber: 3.04g (12.16%), Iron: 2.18mg (12.11%), Vitamin B1: 0.17mg (11.03%), Copper: 0.19mg (9.25%), Vitamin B6: 0.18mg (8.93%), Magnesium: 34.94mg (8.74%), Phosphorus: 86.65mg (8.67%), Calcium: 78.92mg (7.89%), Vitamin B3: 1.37mg (6.84%), Vitamin B2: 0.11mg (6.26%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.45mg (4.49%), Selenium: 0.85µg (1.22%)