



Fattoush (Bread and Vegetable Salad)



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups unseasoned croutons toasted thin
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 2 large garlic cloves finely chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 1 bell pepper green cored thinly sliced quartered
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.5 cup parsley fresh italian coarsely chopped (flat-leaf)

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 4 small pickling cucumbers peeled halved lengthwise seeded sliced
- ☐ 1 small onion red halved thinly sliced
- ☐ 1 romaine lettuce heart sliced
- ☐ 1.5 teaspoons salt

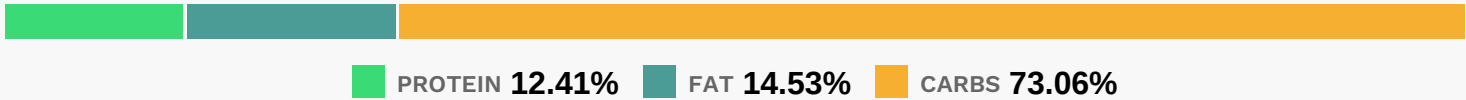
Equipment

- ☐ bowl

Directions

- ☐ Toss together first 7 ingredients in a large glass bowl. Cover and refrigerate. Just before serving, add remaining ingredients. Toss well, and adjust seasoning as desired.
- ☐ Transfer to a large salad bowl, and serve.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:37.81, Inflammation Score:-7, Nutrition Score:12.307826170455%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 249.12kcal (12.46%), Fat: 4.03g (6.2%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 42.26g (15.37%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 736.52mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin K: 63.19µg (60.18%), Vitamin C: 26.21mg (31.77%), Manganese: 0.53mg (26.51%), Vitamin A: 1077.05IU (21.54%), Vitamin B1: 0.25mg (16.51%), Fiber: 3.35g (13.42%), Folate: 48.43µg (12.11%), Copper: 0.22mg (11.09%), Phosphorus: 104.82mg (10.48%), Potassium: 366.51mg

(10.47%), Vitamin B3: 1.99mg (9.96%), Magnesium: 37.91mg (9.48%), Iron: 1.7mg (9.42%), Calcium: 91mg (9.1%), Vitamin B6: 0.15mg (7.61%), Vitamin B2: 0.11mg (6.62%), Zinc: 0.89mg (5.96%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.77mg (5.15%)