



Fresh Israeli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber seedless cut into 1/4-inch cubes
- ☐ 1 bell pepper green cut into 1/4-inch cubes
- ☐ 0.5 teaspoon ground sumac
- ☐ 1 teaspoon juice of lemon to taste
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 radishes cut into 1/8-inch cubes
- ☐ 1 bell pepper red cut into 1/4-inch cubes
- ☐ 3 servings salt to taste

- ☐ 1 scallion cut into 1/8-inch cubes
- ☐ 2 vine-ripened tomatoes cut into 1/4-inch cubes

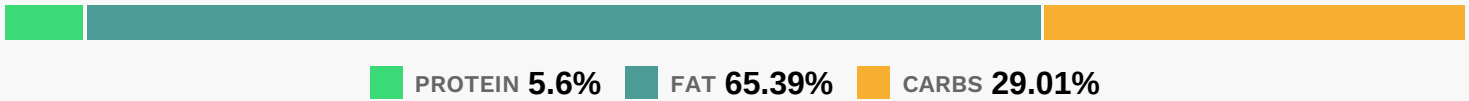
Equipment

- ☐ bowl

Directions

- ☐ Toss tomatoes, red bell pepper, green bell pepper, cucumber, radishes, olive oil, scallion, lemon juice, sumac, and salt together in a bowl; let stand for flavors to blend, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:13.083913039902%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 125.09kcal (6.25%), Fat: 9.75g (15%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.84g (2.49%), Sugar: 5.79g (6.44%), Cholesterol: 0mg (0%), Sodium: 203.55mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 97.09mg (117.69%), Vitamin A: 2164.46IU (43.29%), Vitamin K: 33.49µg (31.9%), Vitamin E: 2.6mg (17.33%), Vitamin B6: 0.29mg (14.75%), Potassium: 440.06mg (12.57%), Manganese: 0.23mg (11.74%), Fiber: 2.89g (11.57%), Folate: 41.57µg (10.39%), Magnesium: 25.42mg (6.35%), Vitamin B1: 0.09mg (6.05%), Vitamin B3: 1.14mg (5.72%), Copper: 0.11mg (5.34%), Phosphorus: 52.07mg (5.21%), Vitamin B2: 0.08mg (4.79%), Iron: 0.79mg (4.39%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.41mg (2.76%), Calcium: 26.8mg (2.68%)