



 **41%**
HEALTH SCORE

Grilled Fattoush

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- 1.5 cups cucumber
- 1 teaspoon cumin
- 0.8 cup feta cheese crumbled
- 0.5 cup mint leaves fresh chopped
- 0.8 cup spring onion chopped
- 1 cup kalamata olives
- 1 optional: lemon
- 0.3 cup olive oil

- 0.3 cup parsley chopped
- 3 wholewheat pita breads
- 2 bell pepper red
- 6 servings salt and pepper
- 1 large tomatoes chopped
- 4 zucchini

Equipment

- bowl
- whisk
- grill

Directions

- Preheat the grill to high. Halve the zucchinis length-wise and cut the peppers into large chunks and remove seeds. Separate the layers of the pitas to make 6 pita circles.
- Drizzle olive oil over the zucchini, peppers, and pitas, and salt and pepper them.
- Roll them around, to make sure they have a good coat of oil. Grill the veggies for about 2-3 minutes per side, until nice grill marks have formed and the veggies are slightly tender. Then grill the pitas, for 1 minute per side, until toasty. In a large serving bowl, add all the other veggies and herbs. Once the grilled veggies have cooled, chop them into inch cubes and add them to the serving bowl. Break the pitas into bite-size pieces and add to the mix. Toss the salad and sprinkle the feta over the top.
- Mix cup of olive oil and the juice of one lemon in a small bowl. Season with cumin, salt and pepper and whisk.
- Drizzle over the salad when ready to serve!

Nutrition Facts



PROTEIN 11.1% FAT 51.4% CARBS 37.5%

Properties

Glycemic Index:53.08, Glycemic Load:16.54, Inflammation Score:-9, Nutrition Score:22.767391304348%

Flavonoids

Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 5.6mg, Apigenin: 5.6mg, Apigenin: 5.6mg, Apigenin: 5.6mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Taste

Sweetness: 41.03%, Saltiness: 100%, Sourness: 57.07%, Bitterness: 50.86%, Savoriness: 47.78%, Fattiness: 57.99%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 294.84kcal (14.74%), Fat: 17.67g (27.18%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 23.66g (8.6%), Sugar: 7.08g (7.87%), Cholesterol: 16.69mg (5.56%), Sodium: 928.5mg (40.37%), Protein: 8.58g (17.16%), Vitamin C: 95.82mg (116.14%), Vitamin K: 85.32µg (81.25%), Vitamin A: 2450.18IU (49%), Manganese: 0.56mg (27.98%), Vitamin B6: 0.5mg (24.81%), Vitamin B2: 0.38mg (22.63%), Folate: 90.3µg (22.57%), Vitamin E: 3.27mg (21.8%), Fiber: 5.34g (21.37%), Potassium: 697.14mg (19.92%), Calcium: 189.15mg (18.91%), Phosphorus: 178.83mg (17.88%), Vitamin B1: 0.23mg (15.43%), Magnesium: 58.34mg (14.58%), Iron: 2.35mg (13.03%), Copper: 0.23mg (11.68%), Vitamin B3: 2.2mg (11.02%), Zinc: 1.55mg (10.36%), Vitamin B5: 0.86mg (8.63%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.52µg (5.02%)