



Grilled Whole-Wheat Pita Salad with Parsley-Garlic Dressing

 Vegetarian  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon dijon mustard
- 0.3 cup tightly flat-leaf parsley fresh packed
- 2 cloves garlic chopped
- 1 teaspoon honey
- 1 tablespoon juice of lemon fresh
- 4 cups greens mixed
- 0.5 cup olive oil extra-virgin

- 4 wholewheat pita breads whole-wheat
- 1 small onion red sliced
- 3 tablespoons red wine vinegar
- 4 servings salt and pepper black freshly ground

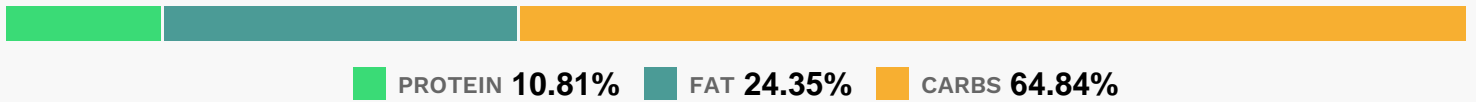
Equipment

- bowl
- blender

Directions

- Watch how to make this recipe.
- Combine vinegar, lemon juice, mustard, honey, garlic, onion, parsley, salt and pepper, to taste, and oil in a blender and blend until smooth.
- Pour half of the mixture into a large bowl, add the greens and lightly toss to coat. Top each pita with some of the greens and drizzle with more of the dressing before serving.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:30.58, Inflammation Score:-7, Nutrition Score:10.051304257434%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 233.54kcal (11.68%), Fat: 6.3g (9.7%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.72g (12.99%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 356.4mg (15.5%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin K: 65.11µg (62.01%), Vitamin C: 18.3mg (22.18%), Manganese: 0.43mg (21.51%), Vitamin A: 774.42IU (15.49%), Vitamin B1: 0.19mg (12.57%), Folate: 40.27µg (10.07%), Phosphorus: 87.84mg (8.78%), Iron: 1.51mg (8.4%), Fiber: 2.06g (8.22%), Vitamin B3: 1.54mg (7.69%), Calcium: 71.44mg (7.14%), Copper: 0.14mg (7.07%), Magnesium: 26.64mg (6.66%), Potassium: 219.11mg (6.26%), Vitamin B6: 0.11mg (5.55%), Vitamin E: 0.83mg (5.55%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.35mg (3.47%), Selenium: 1.81µg (2.59%)