



Grilled Zucchini and Bell Pepper Fattoush

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- 12 cherry tomatoes halved
- 8 ounce cucumber peeled halved seeded cut into 1/2-inch cubes
- 4 ounce feta cheese cut into 1/2-inch cubes (scant 1 cup)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup mint leaves fresh packed ()
- 3 spring onion thinly sliced
- 1 teaspoon ground cumin
- 1 cup kalamata olives pitted halved (scant)

- 0.3 cup juice of lemon fresh
- 0.5 cup olive oil
- 1 pound bell pepper red stemmed seeded quartered
- 1 pound zucchini trimmed

Equipment

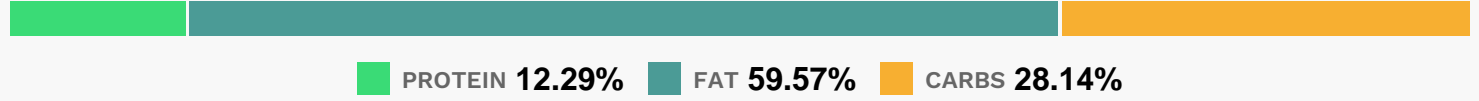
- bowl
- baking sheet
- whisk
- grill
- aluminum foil

Directions

- Prepare barbecue (medium heat).
- Brush peppers, zucchini, and bread on both sides with oil.
- Sprinkle lightly with salt and pepper. Grill peppers and zucchini until slightly charred and just tender, turning often, about 6 minutes.
- Transfer vegetables to foil-lined baking sheet. Grill bread until lightly charred and just crisp, turning often, about 3 minutes.
- Transfer to sheet with vegetables and cool. Tear bread into 1-inch pieces. **DO AHEAD**
Vegetables and bread can be made 2 hours ahead.
- Let stand at room temperature.
- Cut peppers lengthwise into 1/2-inch-wide strips, then crosswise into 1/2-inch pieces.
- Cut zucchini lengthwise in half, then crosswise into 1/2-inch pieces.
- Place in large bowl.
- Add cucumber, tomatoes, green onions, olives, mint, and cilantro and toss to combine.
- Add bread pieces.
- Whisk 1/2 cup oil, lemon juice, and cumin in small bowl to blend. Season dressing to taste with salt and pepper.
- Add dressing to salad; toss to coat.

- Add feta and gently mix into salad.
- Transfer salad to large bowl.
- Serve, passing ground sumac for sprinkling over, if desired.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:18.52695657896%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 11.82g (18.19%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.43g (3.07%), Sugar: 6.97g (7.74%), Cholesterol: 16.82mg (5.61%), Sodium: 583.29mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 125.78mg (152.46%), Vitamin A: 3163.8IU (63.28%), Vitamin K: 28.64µg (27.28%), Vitamin B6: 0.49mg (24.62%), Folate: 80.09µg (20.02%), Vitamin E: 2.98mg (19.85%), Vitamin B2: 0.33mg (19.54%), Manganese: 0.36mg (17.84%), Fiber: 4.14g (16.54%), Potassium: 562.52mg (16.07%), Calcium: 149.07mg (14.91%), Phosphorus: 138.29mg (13.83%), Magnesium: 42.6mg (10.65%), Vitamin B1: 0.14mg (9.61%), Iron: 1.7mg (9.43%), Vitamin B3: 1.65mg (8.23%), Copper: 0.16mg (8.11%), Zinc: 1.19mg (7.91%), Vitamin B5: 0.75mg (7.52%), Vitamin B12: 0.32µg (5.32%), Selenium: 3.54µg (5.06%)