



Grilled Zucchini and Bell Pepper Fattoush



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 6-inch wholewheat pita breads white ()
- ☐ 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

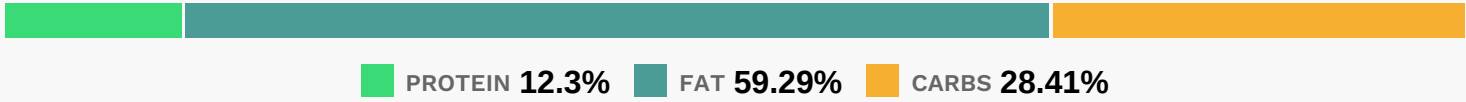
Directions

- ☐ 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.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:18.545217348182%

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: 166.85kcal (8.34%), Fat: 11.83g (18.19%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 8.61g (3.13%), Sugar: 6.97g (7.74%), Cholesterol: 16.82mg (5.61%), Sodium: 585.08mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin C: 125.78mg (152.46%), Vitamin A: 3163.8IU (63.28%), Vitamin K: 28.64µg (27.28%), Vitamin B6: 0.49mg (24.63%), Folate: 80.17µg (20.04%), Vitamin E: 2.98mg (19.85%), Vitamin B2: 0.33mg (19.56%), Manganese: 0.36mg (17.92%), Fiber: 4.14g (16.57%), Potassium: 562.92mg (16.08%), Calcium: 149.36mg (14.94%), Phosphorus: 138.62mg (13.86%), Magnesium: 42.69mg (10.67%), Vitamin B1: 0.14mg (9.67%), Iron: 1.7mg (9.45%), Vitamin B3: 1.65mg (8.27%), Copper: 0.16mg (8.13%), Zinc: 1.19mg (7.93%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.32µg (5.32%), Selenium: 3.54µg (5.06%)