



Heirloom Israeli Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

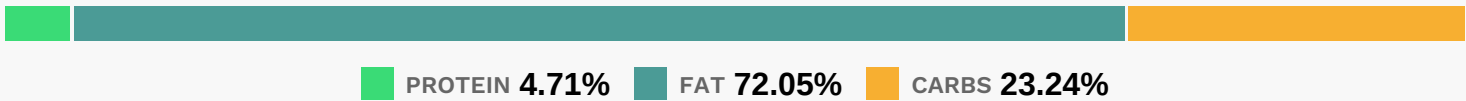
- ☐ 1 tsp agave nectar
- ☐ 1 lb cucumber diced
- ☐ 3 tbsp olive oil extra virgin
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 lb heirloom tomatoes diced ripe (but not mushy)
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 3 tbsp juice of lemon fresh to taste
- ☐ 8 servings salt to taste

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Heirloom Israeli Salad
- ☐ Ingredients1 lb Persian cucumbers, diced1 lb ripe (but not mushy) heirloom tomatoes-- any color combination, diced1/2 cup pitted kalamata olives, sliced1/4 cup chopped flat leaf parsley3 tbsp extra virgin olive oil3 tbsp fresh lemon juice, or more to taste1 tsp sugar or agave nectar Salt to taste
- ☐ Total Time: 15 Minutes
- ☐ Servings: 8 side, 2 main
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:5.8795652376569%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 80.24kcal (4.01%), Fat: 6.78g (10.43%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.48g (1.27%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 330.63mg (14.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin K: 42.78µg (40.75%), Vitamin C: 14.4mg (17.45%), Vitamin A: 704.57IU (14.09%), Vitamin E: 1.43mg (9.54%), Potassium: 231.34mg (6.61%), Fiber: 1.44g (5.74%), Manganese: 0.11mg (5.51%), Folate: 20.93µg (5.23%), Copper: 0.09mg (4.39%), Vitamin B6: 0.08mg (4.16%),

Magnesium: 15.26mg (3.81%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 27.4mg (2.74%), Iron: 0.47mg (2.62%), Calcium: 21.1mg (2.11%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.74%), Zinc: 0.22mg (1.46%)