

Israeli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cucumbers diced
- 0.5 cup mint leaves fresh minced
- 1 cup parsley fresh chopped
- 0.3 cup garlic chopped
- 5 green onions sliced
- 1 tablespoon ground pepper black
- 2 tablespoons juice of lemon fresh
- 0.5 cup olive oil

- 1 bell pepper diced red seeded
- 4 roma tomatoes diced seeded (plum)
- 1 tablespoon salt

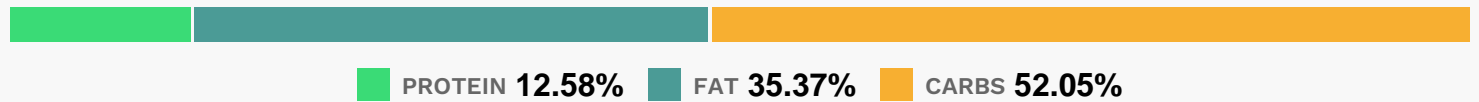
Equipment

- bowl

Directions

- Toss the cucumbers, tomatoes, onions, bell pepper, garlic, parsley, and mint together in a bowl.
- Drizzle the olive oil and lemon juice over the salad and toss to coat. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:22.007391359495%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 26.12mg, Apigenin: 26.12mg, Apigenin: 26.12mg, Apigenin: 26.12mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 125.66kcal (6.28%), Fat: 5.33g (8.19%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 12.44g (4.52%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 1417.88mg (61.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin K: 257.36µg (245.11%), Vitamin C: 73.58mg (89.18%), Vitamin A: 2746.97IU (54.94%), Manganese: 0.75mg (37.31%), Folate: 101.51µg (25.38%), Potassium: 841.39mg (24.04%), Vitamin B6: 0.44mg (21.76%), Fiber: 5.2g (20.78%), Copper: 0.38mg (18.83%), Magnesium: 68.23mg (17.06%), Iron: 2.49mg (13.83%), Phosphorus: 124.63mg (12.46%), Vitamin B1: 0.18mg (12.29%), Calcium: 116.15mg (11.62%), Vitamin B5: 1.13mg (11.34%), Vitamin E: 1.56mg (10.39%), Vitamin B2: 0.17mg (9.77%), Zinc: 1.11mg

(7.38%), Vitamin B3: 1.04mg (5.2%), Selenium: 1.82µg (2.61%)