



Israeli Salad with Pickles and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

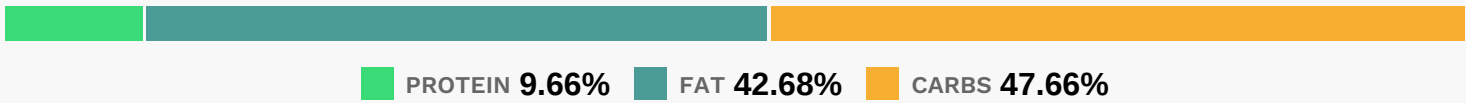
- ☐ 3 large dill pickles diced
- ☐ 2 lbs cucumber diced english peeled
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 bunch mint leaves fresh chopped
- ☐ 1 cup the salad mixed
- ☐ 2 juice of lemon fresh juiced to taste ()
- ☐ 0.5 tsp salt to taste ()
- ☐ 2 lbs tomatoes diced ripe seeded

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Israeli Salad with Pickles and Mint
- ☐ Ingredients2 lbs. Persian or English cucumbers, peeled and diced2 lbs. ripe tomatoes, seeded and diced3 large dill pickles, diced1 bunch chopped fresh mint2 tbsp extra virgin olive oil2 fresh lemons, juiced (or more to taste)1/2 tsp salt (or more to taste)1 cup mixed spring greens (optional)
- ☐ Total Time: 10 Minutes
- ☐ Servings: 4 side servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:18.127825664437%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 154.47kcal (7.72%), Fat: 8.19g (12.6%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 15.58g (5.67%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 1127.86mg (49.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 76.34µg (72.7%), Vitamin C: 47.99mg (58.17%), Vitamin A: 2469.62IU (49.39%), Potassium: 1022.77mg (29.22%), Manganese: 0.51mg (25.72%), Fiber: 4.99g (19.97%), Folate: 65.84µg (16.46%), Vitamin E: 2.44mg (16.3%), Vitamin B6: 0.32mg (16.14%), Magnesium: 64.33mg

(16.08%), Vitamin B1: 0.2mg (13.34%), Copper: 0.26mg (13.2%), Phosphorus: 130.89mg (13.09%), Calcium: 118.52mg (11.85%), Vitamin B2: 0.19mg (10.92%), Iron: 1.65mg (9.15%), Vitamin B3: 1.77mg (8.83%), Vitamin B5: 0.87mg (8.75%), Zinc: 0.99mg (6.61%), Selenium: 0.74µg (1.05%)