



HEALTH SCORE

87%

Lebanese Bread and Tomato Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bay leaves
- ☐ 1 cup parsley fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 6-inch wholewheat pita breads with pockets ()
- ☐ 1 teaspoon pomegranate molasses
- ☐ 2 pounds tomatoes cut into wedges

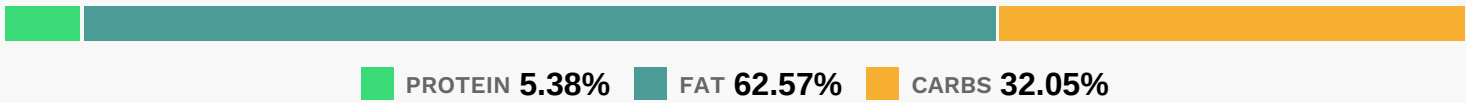
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Split pita loaves and toast on a baking sheet in middle of oven until golden, 10 to 15 minutes. Cool pitas on a rack and break into bite-size pieces.
- ☐ While pitas are toasting, whisk together lemon juice, pomegranate molasses, and salt to taste in a serving bowl, then whisk in oil until emulsified.
- ☐ Add pitas to dressing with remaining ingredients and toss to combine.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:18.757391236399%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 21.76mg, Apigenin: 21.76mg, Apigenin: 21.76mg, Apigenin: 21.76mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 173.76kcal (8.69%), Fat: 13.25g (20.39%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 10.22g (3.72%), Sugar: 4.44g (4.94%), Cholesterol: 0mg (0%), Sodium: 18.65mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 183.17µg (174.45%), Vitamin A: 2871.11IU (57.42%), Manganese: 1.04mg (51.98%), Vitamin C: 41.24mg (49.99%), Iron: 5.53mg (30.74%), Fiber: 5.06g

(20.22%), Vitamin E: 2.63mg (17.5%), Vitamin B6: 0.31mg (15.41%), Folate: 60.73µg (15.18%), Potassium: 491.61mg (14.05%), Calcium: 120.88mg (12.09%), Magnesium: 36.77mg (9.19%), Copper: 0.16mg (7.93%), Vitamin B3: 1.3mg (6.51%), Phosphorus: 56.59mg (5.66%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.78mg (5.17%), Vitamin B1: 0.07mg (4.69%), Vitamin B5: 0.19mg (1.93%)