



Lebanese Fatoush Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup bell pepper strips green



1 cup bell pepper strips red



0.3 teaspoon pepper black



1 cup cucumber peeled thinly sliced



2 tablespoons cilantro leaves fresh chopped



2 tablespoons mint leaves fresh chopped



2 tablespoons juice of lemon fresh



2 teaspoons olive oil extra-virgin

- ☐ 0.5 cup onion thinly sliced
- ☐ 1 6–inch wholewheat pita breads toasted
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes cut into 1/4–inch–thick wedges 1/2 pound

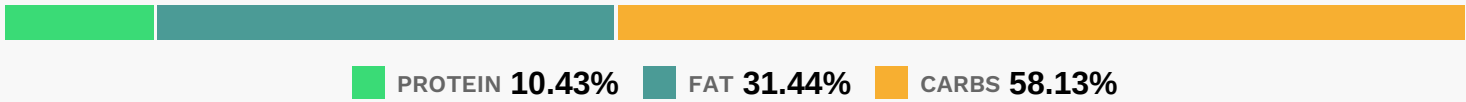
Equipment

- ☐ bowl

Directions

- ☐ Combine all the ingredients in a bowl, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:11.6339129999993%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 62.32kcal (3.12%), Fat: 2.42g (3.72%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.08g (2.57%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 300.18mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin C: 92.35mg (111.94%), Vitamin A: 1961.59IU (39.23%), Vitamin B6: 0.29mg (14.47%), Vitamin K: 13.94µg (13.28%), Manganese: 0.26mg (12.82%), Fiber: 2.99g (11.97%), Potassium: 388.99mg (11.11%), Folate: 43.1µg (10.77%), Vitamin E: 1.38mg (9.19%), Magnesium: 23.74mg (5.93%), Vitamin B1: 0.09mg (5.89%), Copper: 0.11mg (5.54%), Vitamin B3: 1mg (5.01%), Phosphorus: 47.64mg (4.76%), Vitamin B2: 0.08mg (4.47%), Iron: 0.73mg (4.08%), Vitamin B5: 0.34mg (3.36%), Calcium: 29.37mg (2.94%), Zinc: 0.37mg (2.49%)