



Lebanese Fattoosh



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 1 cucumber diced
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup olives green sliced
- ☐ 2 green onions thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 pita breads halved
- ☐ 4 radishes sliced

- ☐ 1 bell pepper green red chopped
- ☐ 1 head romaine lettuce chopped
- ☐ 1 tablespoon salt to taste
- ☐ 2 tablespoons sumac powder
- ☐ 2 tomatoes diced

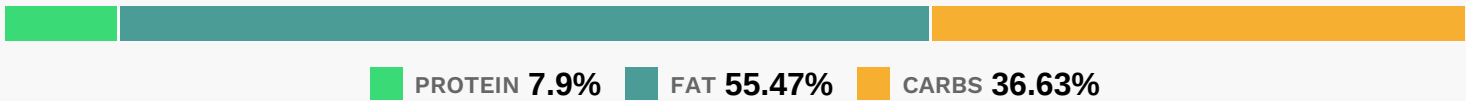
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place pita breads on a baking sheet and bake in preheated oven until golden and crispy, about 5 minutes. Allow to cool, then tear into bite-sized pieces.
- ☐ In a large bowl, mix together lettuce, tomatoes, green onions, cucumber, green olives, radishes, green peppers, and toasted pita. Season with mint, sumac, and salt; toss until evenly combined.
- ☐ Pour in lemon juice and olive oil; stir to combine.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:15.52, Inflammation Score:-10, Nutrition Score:24.697826126347%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 305.79kcal (15.29%), Fat: 19.84g (30.53%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 22.21g (8.07%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 2442.49mg (106.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin A: 14620.65IU (292.41%), Vitamin K: 193.94µg (184.71%), Folate: 254.37µg (63.59%), Vitamin C: 49.52mg (60.02%), Manganese: 0.59mg (29.51%), Fiber: 7.28g (29.1%), Vitamin E: 3.95mg (26.36%), Potassium: 792.23mg (22.64%), Vitamin B1: 0.27mg (17.82%), Iron: 2.86mg (15.86%), Vitamin B6: 0.31mg (15.35%), Copper: 0.29mg (14.59%), Magnesium: 56.45mg (14.11%), Calcium: 127.18mg (12.72%), Phosphorus: 118.21mg (11.82%), Vitamin B2: 0.19mg (11.13%), Vitamin B3: 1.81mg (9.04%), Vitamin B5: 0.65mg (6.46%), Zinc: 0.96mg (6.38%), Selenium: 1.08µg (1.55%)