



 **53%**
HEALTH SCORE

Make-Ahead Radish Fattoush Salad

READY IN



80 min.

SERVINGS



2

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cherry tomatoes quartered
- 2 cups cucumber thinly sliced
- 0.5 cup parsley fresh chopped
- 0.5 cup greek yogurt
- 0.5 teaspoon sumac powder (see note above)
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 2 1-inch wholewheat pita breads whole-wheat halved
- 1 cup radishes dried washed separated thinly sliced roughly chopped

- 2 servings pepper black freshly ground
- 1 teaspoon suya seasoning mix (see note above)

Equipment

- bowl
- baking sheet
- oven
- whisk
- sieve
- colander

Directions

- Preheat oven to 400°F. Toss pita pieces with 1 tablespoon oil and harissa.
- Transfer to a large rimmed baking sheet.
- Bake until crisp, but still a little chewy, 7 to 8 minutes.
- Let cool.
- Transfer to airtight container.
- Mix together tomatoes, parsley, cucumbers, radish greens, and radishes.
- Place into large colander set over bowl.
- Sprinkle with 1 teaspoon salt and toss to combine.
- Let vegetables drain for 1 hour at room temperature, or cover with plastic and drain overnight in refrigerator. Meanwhile, whisk together yogurt, lemon juice, remaining olive oil, sumac, 1/4 teaspoon black pepper and 1/4 teaspoon salt.
- Pour into fine mesh sieve set over small bowl.
- Let drain at room temperature for 1 hour, or cover with plastic and drain overnight in refrigerator.
- Mix together vegetables, yogurt dressing and toasted pita.
- Mix in some of the drained vegetable juices if too thick. Eat immediately, or pack into airtight container to go.

Nutrition Facts

PROTEIN 14.61% FAT 57.28% CARBS 28.11%

Properties

Glycemic Index:106.5, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:21.525652325672%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 222.9kcal (11.15%), Fat: 14.88g (22.89%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 11.91g (4.33%), Sugar: 8.68g (9.64%), Cholesterol: 2.5mg (0.83%), Sodium: 74.42mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin K: 284.42µg (270.87%), Vitamin C: 69.72mg (84.51%), Vitamin A: 2136.95IU (42.74%), Potassium: 835.89mg (23.88%), Manganese: 0.46mg (23.17%), Vitamin E: 3.47mg (23.13%), Folate: 86.39µg (21.6%), Iron: 3.48mg (19.35%), Fiber: 4.51g (18.06%), Calcium: 166.96mg (16.7%), Phosphorus: 163.33mg (16.33%), Vitamin B2: 0.26mg (15.24%), Vitamin B6: 0.3mg (15.1%), Copper: 0.29mg (14.29%), Magnesium: 55.71mg (13.93%), Selenium: 6.31µg (9.02%), Vitamin B1: 0.13mg (8.98%), Vitamin B5: 0.87mg (8.71%), Zinc: 1.1mg (7.35%), Vitamin B3: 1.43mg (7.17%), Vitamin B12: 0.35µg (5.83%)