




 **38%**  
HEALTH SCORE

# Middle Eastern Chopped Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




**45 min.**

SERVINGS



**8**

CALORIES



**180 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 cup walnuts toasted chopped
- 2 cups flat parsley italian finely chopped (approximately 2 bunches)
- 0.8 cup olives (with pits) pitted chopped
- 0.5 cup spring onion minced (1 bunch)
- 1 cup tomatoes peeled seeded chopped (2 large)
- 1 cup olive oil extra virgin
- 1 cup juice of lemon fresh
- 0.5 teaspoon ground cumin

- 0.5 teaspoon to 5 chilies red
- 8 servings kosher salt black to taste

## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 325 F.
- Place the nuts on a baking sheet and toast for about 10 minutes until they begin to emit a toasted nut aroma. Cool completely before using the nuts in the recipe.
- Remove the stems from the parsley and mince either by hand or with quick pulses in a food processor. The parsley should be finely minced, but if you use a food processor be careful not to pure it. The parsley should form a fluffy base for the other textures.
- Chop the olives, walnuts, and scallions by hand into a rough dice. Dice the prepared tomatoes and drain.
- Combine all of the chopped ingredients. Toss in a large wooden bowl with the olive oil, fresh lemon juice, cumin, and chili flakes. Season to taste with salt and black pepper.

## Nutrition Facts



**PROTEIN 6.61%** **FAT 79.38%** **CARBS 14.01%**

## Properties

Glycemic Index:21.5, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:13.687826086957%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg

Luteolin: 0.27mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Taste

Sweetness: 18.62%, Saltiness: 11.27%, Sourness: 94.57%, Bitterness: 71.32%, Savoriness: 13.75%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 179.79kcal (8.99%), Fat: 17.14g (26.37%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 402.5mg (17.5%), Protein: 3.21g (6.42%), Vitamin K: 264.28µg (251.7%), Vitamin C: 36.13mg (43.79%), Vitamin A: 1540.12IU (30.8%), Manganese: 0.56mg (28.17%), Copper: 0.29mg (14.64%), Folate: 50.49µg (12.62%), Vitamin E: 1.66mg (11.08%), Fiber: 2.39g (9.55%), Iron: 1.7mg (9.46%), Magnesium: 37.66mg (9.42%), Potassium: 249.05mg (7.12%), Phosphorus: 69.79mg (6.98%), Vitamin B6: 0.13mg (6.54%), Vitamin B1: 0.08mg (5.61%), Calcium: 51.19mg (5.12%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.05mg (3.02%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.21mg (2.08%), Selenium: 0.92µg (1.32%)