



Middle Eastern Vegetable Salad

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces jar chickpeas rinsed drained canned
- 1 hothouse cucumber halved lengthwise seeded
- 8 ounces feta cheese good
- 0.3 cup basil leaves fresh julienned
- 0.3 cup mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground

- 0.5 cup juice of lemon freshly squeezed (4 lemons)
- 0.5 cup olive oil good
- 6 servings pita bread toasted for serving
- 10 scallions white green thinly sliced
- 1 pound tomatoes cored ripe seeded

Equipment

- bowl
- whisk
- measuring cup

Directions

- Place the scallions, tomatoes, cucumber, chickpeas, parsley, mint, and basil in a large salad bowl and toss to combine.
- In a small bowl or measuring cup, whisk together the lemon juice, garlic, 2 teaspoons salt, and 1 teaspoon pepper. Slowly whisk in the olive oil to make an emulsion.
- Pour the dressing over the salad, tossing gently to coat all the vegetables.
- Add the feta, sprinkle with salt and pepper, and toss gently.
- Serve the salad with the toasted pita bread.

Nutrition Facts



PROTEIN 16.32% **FAT 30.38%** **CARBS 53.3%**

Properties

Glycemic Index:66.46, Glycemic Load:33.73, Inflammation Score:-9, Nutrition Score:25.247826068298%

Flavonoids

Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 7.33mg, Apigenin: 7.33mg, Apigenin: 7.33mg, Apigenin: 7.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg

Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 415.2kcal (20.76%), Fat: 14.25g (21.93%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 48.51g (17.64%), Sugar: 6.43g (7.14%), Cholesterol: 33.64mg (11.21%), Sodium: 746.27mg (32.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.45%), Vitamin K: 116.48µg (110.93%), Manganese: 1.11mg (55.45%), Folate: 167.15µg (41.79%), Vitamin C: 30.26mg (36.68%), Phosphorus: 321.59mg (32.16%), Fiber: 7.77g (31.07%), Calcium: 308.7mg (30.87%), Vitamin A: 1499.19IU (29.98%), Vitamin B2: 0.47mg (27.51%), Vitamin B1: 0.34mg (22.76%), Copper: 0.43mg (21.49%), Iron: 3.73mg (20.7%), Vitamin B6: 0.39mg (19.64%), Zinc: 2.82mg (18.81%), Magnesium: 73.56mg (18.39%), Potassium: 622.95mg (17.8%), Vitamin B3: 2.57mg (12.87%), Selenium: 8.18µg (11.69%), Vitamin B12: 0.64µg (10.65%), Vitamin B5: 1.01mg (10.14%), Vitamin E: 1.39mg (9.24%), Vitamin D: 0.15µg (1.01%)