



Na'ama's Fattoush

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 0.8 tsp pepper black freshly ground
- 3 cucumber mini peeled chopped (9 oz / 250 g in total)
- 1 tbsp mint dried
- 1 oz flat parsley coarsely chopped
- 2 large flat parsley stale
- 2 cloves garlic crushed
- 2 spring onion thinly sliced
- 3 tbsp juice of lemon freshly squeezed

- 0.5 oz mint leaves fresh
- 0.3 cup olive oil
- 3.5 oz radishes thinly sliced
- 1.5 tsp salt
- 1 cup greek yogurt whole
- 1 tbsp sumac powder to taste
- 3 large tomatoes cut into 2/3-inch / 1.5cm dice (13 oz / 380 g in total)
- 2 tbsp citrus champagne vinegar

Equipment

- bowl
- whisk
- mixing bowl

Directions

- If using yogurt and milk, start at least 3 hours and up to a day in advance by placing both in a bowl.
- Whisk well and leave in a cool place or in the fridge until bubbles form on the surface. What you get is a kind of homemade buttermilk, but less sour.
- Tear the bread into bite-size pieces and place in a large mixing bowl.
- Add your fermented yogurt mixture or commercial buttermilk, followed by the rest of the ingredients, mix well, and leave for 10 minutes for all the flavors to combine.
- Spoon the fattoush into serving bowls, drizzle with some olive oil, and garnish generously with sumac.
- Yotam Ottolenghi owns an eponymous group of restaurants with four branches in London, plus a high-end restaurant, Nopi, also in London. His 2011 cookbook, *Plenty*, was a New York Times bestseller. Sami Tamimi is a partner and head chef at Ottolenghi and coauthor of *Ottolenghi: The Cookbook*.

Nutrition Facts



PROTEIN 14.68% FAT 46.95% CARBS 38.37%

Properties

Glycemic Index:51.33, Glycemic Load:8.5, Inflammation Score:-8, Nutrition Score:15.59260866953%

Flavonoids

Pelargonidin: 10.44mg, Pelargonidin: 10.44mg, Pelargonidin: 10.44mg, Pelargonidin: 10.44mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 10.32mg, Apigenin: 10.32mg, Apigenin: 10.32mg, Apigenin: 10.32mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 183.69kcal (9.18%), Fat: 9.84g (15.13%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 14.75g (5.36%), Sugar: 6.19g (6.88%), Cholesterol: 1.67mg (0.56%), Sodium: 684.64mg (29.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin K: 109.82µg (104.59%), Vitamin C: 30.74mg (37.26%), Vitamin A: 1436.9IU (28.74%), Manganese: 0.42mg (20.87%), Potassium: 594.2mg (16.98%), Folate: 59.74µg (14.93%), Fiber: 3.34g (13.34%), Vitamin E: 1.91mg (12.72%), Phosphorus: 124.52mg (12.45%), Copper: 0.23mg (11.36%), Magnesium: 44.8mg (11.2%), Vitamin B2: 0.19mg (11.08%), Vitamin B6: 0.22mg (11.01%), Calcium: 105.93mg (10.59%), Iron: 1.67mg (9.29%), Vitamin B1: 0.14mg (9.21%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.86mg (5.77%), Vitamin B3: 1.15mg (5.76%), Selenium: 3.74µg (5.34%), Vitamin B12: 0.23µg (3.89%)