



Pita Bread Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cucumber chopped
- ☐ 0.5 cup parsley fresh loosely packed chopped
- ☐ 0.3 cup mint leaves fresh loosely packed chopped
- ☐ 0.8 teaspoon garlic chopped
- ☐ 0.3 cup spring onion diagonally sliced
- ☐ 0.5 teaspoon sumac powder
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 6-inch wholewheat pita breads whole-wheat cut into 10 wedges ()
- ☐ 0.5 teaspoon salt divided
- ☐ 2 cups tomatoes chopped
- ☐ 1.5 teaspoons za'atar

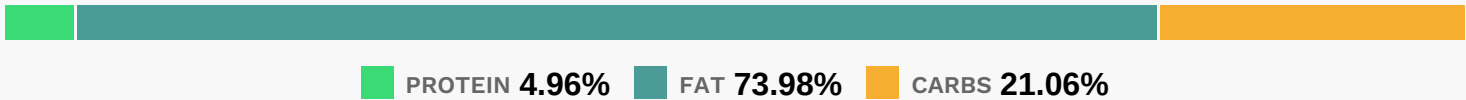
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Arrange pita wedges in a single layer on a baking sheet; lightly coat with cooking spray.
- ☐ Sprinkle pita evenly with za'atar and 1/4 teaspoon salt.
- ☐ Bake at 350 for 15 minutes or until crisp and golden. Cool and break into 1-inch pieces.
- ☐ Combine remaining 1/4 teaspoon salt and garlic on a dry surface. Mash with the side of a knife to form a paste.
- ☐ Combine garlic mixture, juice, and sumac in a large bowl; stir with a whisk. Slowly whisk in olive oil.
- ☐ Add cucumber and remaining ingredients to bowl; toss well to coat.
- ☐ Let stand 10 minutes.
- ☐ Add pita pieces; toss well to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:11.864347802556%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 126.09kcal (6.3%), Fat: 10.91g (16.79%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 305.1mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin K: 159.58µg (151.98%), Vitamin C: 27.64mg (33.51%), Vitamin A: 1497.49IU (29.95%), Vitamin E: 2.07mg (13.77%), Manganese: 0.25mg (12.37%), Folate: 41.78µg (10.44%), Potassium: 357.27mg (10.21%), Iron: 1.61mg (8.93%), Fiber: 2.21g (8.84%), Magnesium: 25.19mg (6.3%), Copper: 0.13mg (6.28%), Vitamin B6: 0.12mg (6.04%), Calcium: 48.27mg (4.83%), Vitamin B1: 0.07mg (4.45%), Phosphorus: 43.46mg (4.35%), Vitamin B3: 0.69mg (3.44%), Vitamin B2: 0.05mg (3.21%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.42mg (2.77%)