



Pita Salad with Tomatoes, Cucumber, and Herbs

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 2 cups cucumber diced english
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced

- ☐ 0.5 teaspoon kosher salt
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 7-inch pitas ()
- ☐ 0.5 cup onion red finely chopped
- ☐ 4 cups romaine lettuce coarsely chopped
- ☐ 1 teaspoon sugar

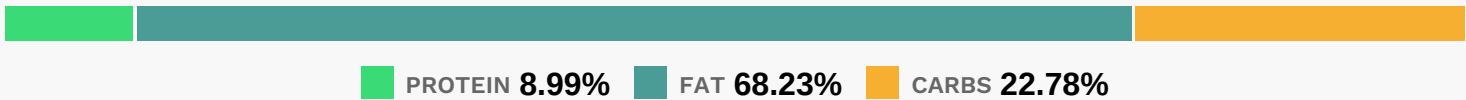
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Arrange pitas on a baking sheet.
- ☐ Bake at 375 for 14 minutes or until dry and crisp, turning after 7 minutes. Set aside; cool.
- ☐ Combine lettuce and next 7 ingredients (through parsley) in a large bowl. Break pitas into bite-sized pieces.
- ☐ Add pitas to salad; toss gently to combine.
- ☐ Combine juice, sugar, pepper, and salt in a bowl; gradually add oil, stirring constantly with a whisk.
- ☐ Drizzle dressing over salad; toss well to coat.
- ☐ Let stand 30 minutes; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:10.974347831114%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.2mg, Apigenin: 4.2mg, Apigenin: 4.2mg, Apigenin: 4.2mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 116.14kcal (5.81%), Fat: 9.27g (14.27%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.44g (1.98%), Sugar: 2.94g (3.26%), Cholesterol: 9.46mg (3.15%), Sodium: 278.17mg (12.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin K: 71.32µg (67.92%), Vitamin A: 2611.99IU (52.24%), Vitamin C: 19.23mg (23.31%), Folate: 54.36µg (13.59%), Manganese: 0.19mg (9.42%), Vitamin E: 1.29mg (8.61%), Calcium: 84.66mg (8.47%), Vitamin B2: 0.14mg (8.2%), Potassium: 249.14mg (7.12%), Phosphorus: 68.4mg (6.84%), Vitamin B6: 0.13mg (6.38%), Fiber: 1.53g (6.11%), Iron: 1.03mg (5.71%), Vitamin B1: 0.07mg (4.53%), Magnesium: 18.06mg (4.51%), Copper: 0.08mg (3.89%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.18µg (2.99%), Selenium: 2.05µg (2.93%), Vitamin B3: 0.52mg (2.62%)