



Shirazi Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pints cherry tomatoes halved
- ☐ 0.5 bunch chives cut into 1" pieces
- ☐ 1 pound cucumber english peeled cut into bite-size pieces
- ☐ 0.3 bunch optional: dill with tender stems and blossoms, cut into 1" pieces
- ☐ 1 cup parsley fresh with tender stems
- ☐ 1 cup cilantro leaves fresh with tender stems
- ☐ 0.3 cup tarragon fresh
- ☐ 1 garlic clove finely grated

- ☐ 2 large heirloom tomatoes sliced
- ☐ 6 servings pepper freshly ground
- ☐ 0.5 cup juice of lime fresh divided
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup red wine vinegar
- ☐ 1 medium spring onion thinly sliced
- ☐ 6 small tomatoes red cut into wedges

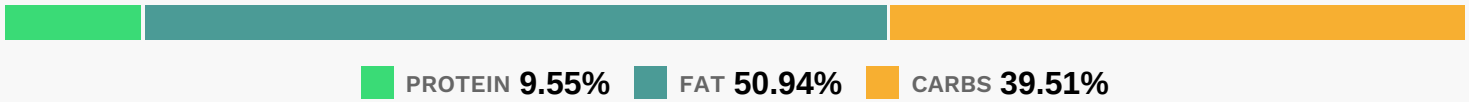
Equipment

- ☐ bowl

Directions

- ☐ Combine spring onion and vinegar in a small bowl; let sit 20 minutes.
- ☐ Drain.
- ☐ Toss spring onion, cucumbers, garlic, all tomatoes, 1/4 cup lime juice, and 2 tablespoons oil in a large bowl; season with salt and pepper and toss gently with hands to coat.
- ☐ Transfer salad to a platter, reserving bowl.
- ☐ Add herbs and remaining 1/4 cup lime juice and 2 tablespoons oil to reserved bowl; season with salt and pepper and toss to coat. Mound herb mixture over salad.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:22.171739044397%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg

Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 166.6kcal (8.33%), Fat: 10.21g (15.7%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 13.6g (4.95%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 36.52mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin K: 205.9µg (196.1%), Vitamin C: 81.2mg (98.42%), Vitamin A: 3254.01IU (65.08%), Manganese: 0.63mg (31.27%), Potassium: 978.67mg (27.96%), Vitamin E: 3.27mg (21.81%), Folate: 80.58µg (20.14%), Vitamin B6: 0.36mg (18.24%), Iron: 3.18mg (17.67%), Fiber: 4.21g (16.82%), Copper: 0.31mg (15.43%), Magnesium: 55.99mg (14%), Phosphorus: 115.86mg (11.59%), Vitamin B3: 2.17mg (10.84%), Vitamin B1: 0.16mg (10.66%), Calcium: 89.95mg (8.99%), Vitamin B2: 0.13mg (7.72%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.85mg (5.66%), Selenium: 1.11µg (1.58%)