



 **51%**  
HEALTH SCORE

## Southern Fattoush

 Vegetarian  Vegan  Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

### Ingredients

- 0.3 cup arugula chopped
- 15 ounce black-eyed peas unsalted rinsed drained canned
- 0.3 teaspoon pepper black freshly ground
- 4 teaspoons cider vinegar
- 1 cup cucumber english sliced
- 0.5 cup flat-leaf parsley fresh chopped
- 0.3 cup mint leaves fresh chopped
- 2 small garlic cloves minced

- 0.4 teaspoon ground sumac
- 0.5 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 6 tablespoons olive oil extra-virgin
- 2 6-inch pitas ( )
- 0.5 cup bell pepper diced red
- 1 cup tomatoes chopped
- 0.3 cup vidalia onion minced
- 2 teaspoons whole-grain mustard

## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 400
- To prepare dressing, combine first 7 ingredients in a medium bowl; stir with a whisk. Gradually drizzle in oil, stirring constantly with a whisk.
- To prepare salad, arrange torn pita in a single layer on a baking sheet.
- Bake at 400 for 7 minutes, stirring after 4 minutes. Cool completely. Reserve 1/2 cup toasted pita.
- Combine tomato and remaining ingredients in a large bowl.
- Add remaining toasted pita and dressing to bowl; toss well to coat. Top evenly with reserved 1/2 cup toasted pita.
- Serve immediately.

## Nutrition Facts



■ PROTEIN **10.99%** ■ FAT **56.43%** ■ CARBS **32.58%**

## Properties

Glycemic Index:67.67, Glycemic Load:4.9, Inflammation Score:-8, Nutrition Score:16.047391528669%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 226.43kcal (11.32%), Fat: 14.62g (22.49%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 13.22g (4.81%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 223.62mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Vitamin K: 98.15µg (93.48%), Folate: 170.72µg (42.68%), Vitamin C: 28.72mg (34.81%), Manganese: 0.48mg (23.76%), Fiber: 5.77g (23.07%), Vitamin A: 1146.98IU (22.94%), Vitamin E: 2.6mg (17.35%), Iron: 2.53mg (14.04%), Phosphorus: 134.6mg (13.46%), Magnesium: 50.58mg (12.65%), Vitamin B1: 0.18mg (11.95%), Copper: 0.24mg (11.92%), Potassium: 369.29mg (10.55%), Vitamin B6: 0.16mg (8.23%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.45mg (4.5%), Vitamin B2: 0.07mg (4.4%), Calcium: 41.37mg (4.14%), Vitamin B3: 0.77mg (3.86%), Selenium: 2.6µg (3.71%)