



Spicy Purslane, Tomato, Cucumber, Mint, and Parsley Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cup tightly purslane leaves and branches packed
- ☐ 1 cup tightly flat-leaf parsley fresh packed coarsely chopped
- ☐ 3 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoon thyme leaves fresh
- ☐ 2 cup grape tomatoes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoon lemon zest finely grated

- ☐ 3 tablespoon olive oil extra-virgin
- ☐ 6 servings salt and pepper to taste

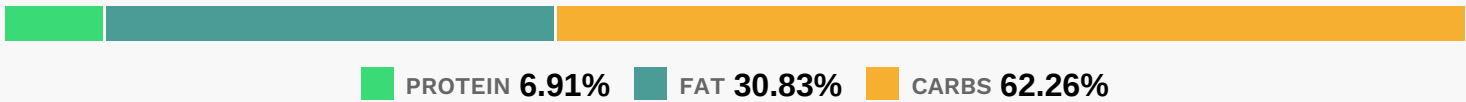
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

Directions

- ☐ Cut the tomatoes in halves or quesrters crosswise and squeeze lightly to remove the seeds, transfer to a strainer to drain. In a salad bowl, mix together the cucumber, purslane, scallions, herbs and jalapeños.
- ☐ Whisk together the olive oil, lemon juice, vinegar, lemon zest,and salt and pepper to taste.
- ☐ Pour over the salad and toss. Taste and adjust the seasoning. Refrigerate for 20 to 30 minutes to give the flavors time to meld.
- ☐ Sprinkle with sumac before serving if you like.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:38.899130391038%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 326.23kcal (16.31%), Fat: 13.84g (21.3%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 40.64g (14.78%), Sugar: 1.48g (1.65%), Cholesterol: 0mg (0%), Sodium: 221.2mg (9.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Manganese: 6.58mg (329.18%), Iron: 35.25mg (195.82%), Vitamin K: 172.14µg (163.94%), Vitamin A: 6351.32IU (127.03%), Fiber: 22.27g (89.09%), Vitamin C: 63.13mg (76.53%), Vitamin B6: 1.43mg (71.73%), Calcium: 693.24mg (69.32%), Folate: 169.09µg (42.27%), Magnesium: 111.09mg (27.77%), Vitamin B2: 0.37mg (21.75%), Zinc: 3.18mg (21.22%), Copper: 0.39mg (19.73%), Potassium: 622.48mg (17.79%), Phosphorus: 111.41mg (11.14%), Vitamin B3: 2.1mg (10.49%), Vitamin E: 1.36mg (9.04%), Selenium: 2.23µg (3.18%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.11mg (1.08%)