



HEALTH SCORE

53%

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



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon balsamic vinegar



2 tablespoons capers rinsed drained well



0.5 cucumber english finely sliced quartered



3 tablespoons olive oil extra virgin fruity



1 cup parsley fresh packed coarsely chopped



3 tablespoons mint leaves fresh chopped



1 tablespoons thyme sprigs fresh chopped

- ☐ 2 jalapeno diced seeded finely
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 spring onion green thinly sliced
- ☐ 6 servings pepper black freshly ground
- ☐ 3 medium tomatoes fresh red ripe
- ☐ 0.5 cup frangelico packed coarsely chopped
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Equipment

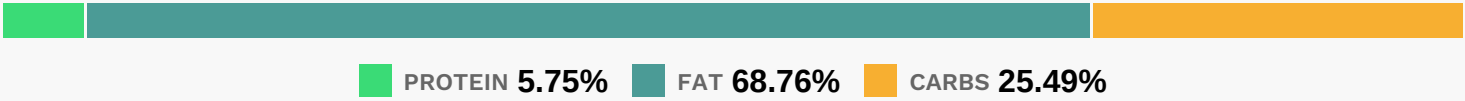
- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ serrated knife

Directions

- ☐ Cut the tomatoes in half crosswise and squeeze lightly to remove the seeds. With a serrated knife, dice the tomatoes and transfer to a strainer to drain. In a salad bowl, mix together the cucumber, greens, scallions, herbs, jalapeños, and capers.
- ☐ Add the tomatoes.
- ☐ To make the dressing, 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.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Mediterranean Hot and Spicy by Aglaia Kremezi Copyright (c) 2009 by Aglaia Kremezi Published by Broadway Books. Aglaia Kremezi is an internationally known expert on Greek cuisine and author of The Foods of Greece, which won the Julia Child Award from the

International Association of Culinary Professionals for the best first cookbook. She has lectured around the world about Greek and Mediterranean food and runs a widely respected cooking school on the Greek island of Kea.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.14, Inflammation Score:-9, Nutrition Score:11.426521778107%

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: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 21.72mg, Apigenin: 21.72mg, Apigenin: 21.72mg, Apigenin: 21.72mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 89.94kcal (4.5%), Fat: 7.33g (11.28%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.14g (1.5%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 85.51mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin K: 187.14µg (178.22%), Vitamin C: 33.32mg (40.38%), Vitamin A: 1637.47IU (32.75%), Vitamin E: 1.64mg (10.94%), Manganese: 0.18mg (9.24%), Folate: 34.59µg (8.65%), Potassium: 290.94mg (8.31%), Fiber: 1.98g (7.92%), Iron: 1.38mg (7.65%), Magnesium: 22mg (5.5%), Vitamin B6: 0.1mg (5.03%), Copper: 0.09mg (4.73%), Calcium: 41.53mg (4.15%), Vitamin B3: 0.69mg (3.44%), Phosphorus: 33.53mg (3.35%), Vitamin B2: 0.05mg (3.13%), Vitamin B1: 0.05mg (3.09%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.2mg (1.98%)