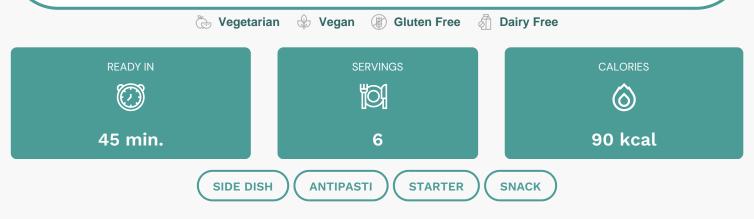


Spicy Tomato, Pepper, Cucumber, Mint, and Parsley Salad



Ingredients

Ш	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
	0.5 cup frangelico packed coarsely chopped
Ec	uipment
	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

PROTEIN 5.75% FAT 68.76% CARBS 25.49%

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: 21.72mg, Apigenin: 21.72mg

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: Omg (0%), Sodium: 85.51mg (3.72%), Alcohol: Og (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%)