



Tomato and Cucumber Salad with Pita Bread and Za'atar



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

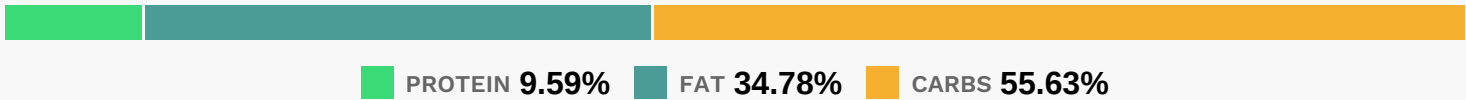
- ☐ 1 large cucumber peeled chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh to taste
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 servings wholewheat pita breads
- ☐ 4 spring onion thinly sliced
- ☐ 3 tomatoes chopped

Equipment

Directions

- ☐ Stir together tomatoes, cucumber, scallions, parsley, and salt and pepper to taste. Squeeze lemon juice over salad and stir.
- ☐ Drizzle oil over salad and stir.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:29.94, Inflammation Score:-7, Nutrition Score:10.644782414903%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 254.79kcal (12.74%), Fat: 9.92g (15.26%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 33.08g (12.03%), Sugar: 2.6g (2.88%), Cholesterol: 0mg (0%), Sodium: 307.08mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin K: 71.2µg (67.81%), Vitamin C: 16.68mg (20.22%), Manganese: 0.39mg (19.55%), Vitamin A: 836.55IU (16.73%), Vitamin B1: 0.19mg (12.97%), Vitamin E: 1.71mg (11.42%), Fiber: 2.6g (10.41%), Folate: 39.12µg (9.78%), Potassium: 317.59mg (9.07%), Copper: 0.17mg (8.73%), Phosphorus: 83.69mg (8.37%), Vitamin B3: 1.66mg (8.31%), Iron: 1.38mg (7.67%), Magnesium: 30.08mg (7.52%), Calcium: 70.44mg (7.04%), Vitamin B2: 0.09mg (5.13%), Vitamin B6: 0.1mg (5.07%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.41mg (4.12%)