

**LEBANESE KIZBARA SALAD (CORIANDER)** 3 portions**INGREDIENTS**

- 1 whole large unit (3" dia) of tomatoes, red, ripe, raw, year round average (182 g)
- 1 small unit of onions, raw (70 g)
- 30 measures of lemon juice, fresh (300 g)
- 2 tablespoons of oil, olive (22 g)
- 100 grams of coriander (cilantro) leaves, raw

COOKING METHOD

- 1° Mix chopped coriander leaves, tomatoes, sliced onion rings with lemon juice, olive oil and season with salt.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (225 g)	% DRI
ENERGY	45 kcal	101 kcal	5 %
FAT	3 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	9 mg	20 mg	1 %
CARBOHYDRATE	3 g	7 g	2 %
SUGARS	2 g	4 g	-
FIBER	1 g	2 g	8 %
PROTEIN	1 g	2 g	-