

Chopped Turkish Salad

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-dalak-recipe>

Ingredients:

- 1 cup chopped tomatoes
- 1/4 cup cucumber chopped
- 2 green peppers chopped
- 1 onion diced
- 1/2 bunch parsley
- 2 teaspoons sumac
- olives to garnish, optional
- 1 lemon
- 1 tablespoon vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon pomegranate molasses optional
- 1/2 teaspoon red pepper flakes
- salt to taste

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 5 grams

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