

# MEDITERRANEAN FOOD RECIPES COMMUNITY

Users

264

Recipes

50

Ingredients

115

Posts

281

Reviews

209

Average Rating

4.53

## Recipes with the Highest Rating

	food_name	rating ▼
1.	MEDITERRANEAN CHICKEN BREASTS WITH AVOCAD...	5
2.	MEDITERRANEAN TILAPIA POCKETS #RSC	5
3.	MEDITERRANEAN SALMON	5
4.	GREEK TURKEY BURGERS	5
5.	SHAKSHUKA WITH SWISS CHARD	5
6.	WORLD'S BEST TABBOULI / TABOULI / TABBOULEH / ...	5
7.	MEDITERRANEAN FRITTATA	5
8.	MEDITERRANEAN EDAMAME SALAD	5
9.	MEDITERRANEAN DIP DUO	5

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## Recipes with the Lowest Calories

	food_name	calories ▲
1.	" SUN-DRIED " TOMATOES	0.1
2.	TZATZIKI SAUCE- GREEK CUCUM...	5
3.	CRISPY FRIED FALAFEL	29.4
4.	MEDITERRANEAN SPINACH	72
5.	PAN SEARED MOROCCAN SALM...	87.3

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## Recipes with the Highest Protein

Top 4 – food_name	protein
MEDITERRANEAN CHICKEN WITH TOMATOES, KALAMATA AND MUSHROOMS	69.4
MEDITERRANEAN SALMON	35.4
MEDITERRANEAN SALAD	34.2
CROCK POT CHICKEN CASABLANCA (WW FLEX AND ALMOST CORE)	33.1

## Recipes with the Highest Fiber

Top 4 – food_name	fiber
MEDITERRANEAN SALAD	48.6
EGGPLANT (AUBERGINE) CAPONATA	14.2
MEDITERRANEAN WHITE BEAN SOUP	13.6
MEDITERRANEAN LENTIL SOUP WITH SPINACH	13.4

## Recipes with the Lowest Sugar

Top 4 – food_name	sugar
" SUN-DRIED " TOMATOES	0
EASY FALAFEL	0.1
PAN SEARED MOROCCAN SALMON	0.2
MEDITERRANEAN MAHI MAHI WITH OLIVE AND SHALLOT TAPENADE	0.2

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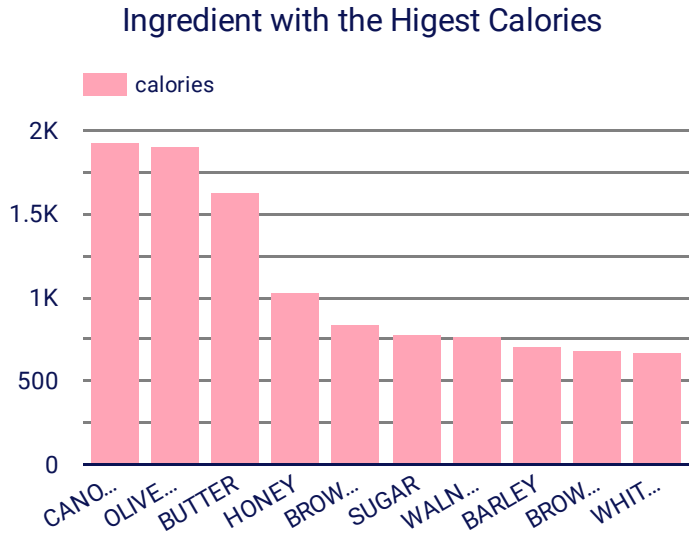
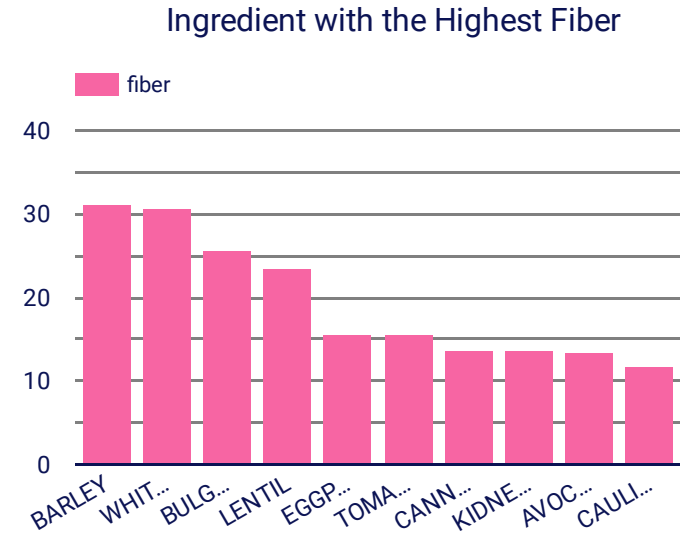
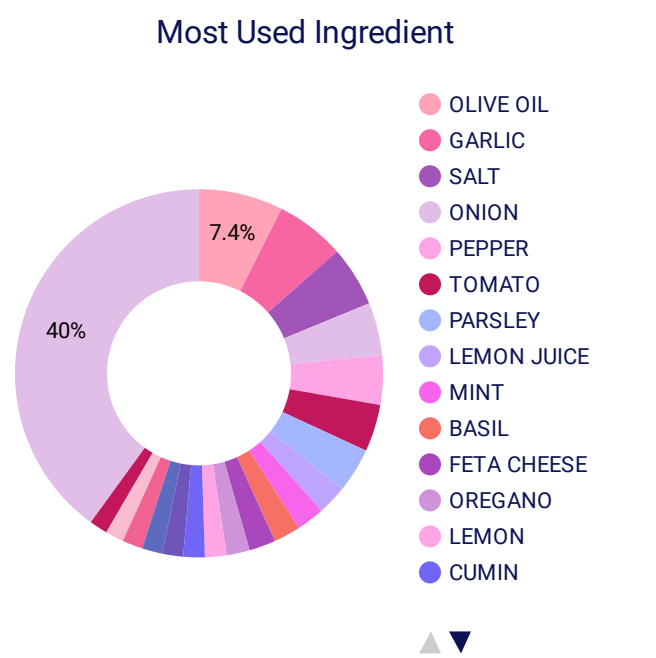
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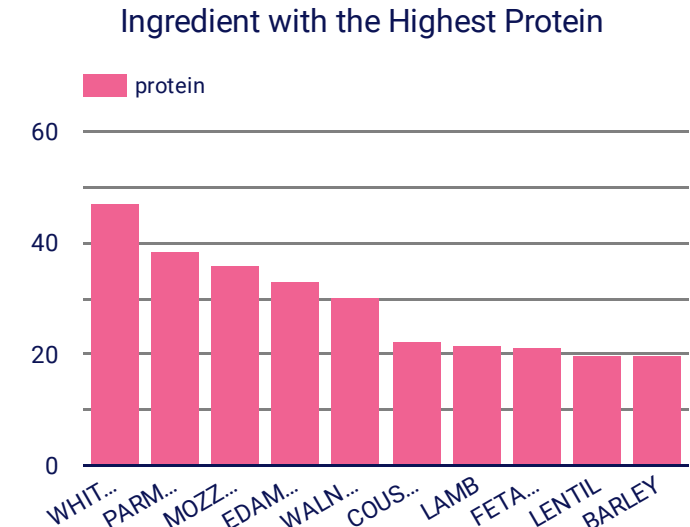
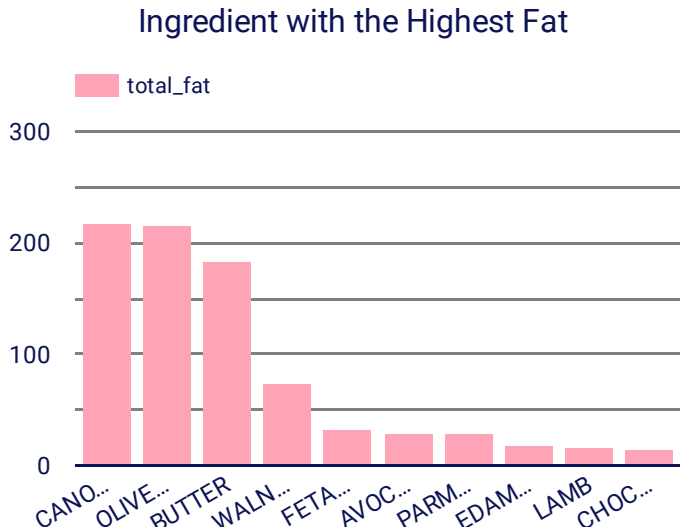
4.53



All Year Round Ingredients

ingredient_name ▾	
1.	ZUCCHINI
2.	ZEST
3.	ZA'ATAR
4.	YOGURT
5.	WINE VINEGAR

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# INSIGHT

- High ratings align with balanced nutrition profiles, such as high protein and fiber content with low calories and sugar.
- Olive oil is a staple ingredient, central to the Mediterranean diet, and frequently used due to its health benefits and versatility.
- Most types of oils are high in calories so their use should be more considered.
- Cheese are significant sources of protein within the community's recipes.
- The variety of ingredients used reflects the diversity and richness of Mediterranean cuisine, which emphasizes fresh, wholesome, and flavorful components.