



ATHENOS Greek Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup olives black pitted
- 0.5 cucumber peeled cut into wedges
- 4 oz athenos feta cheese crumbled traditional
- 3 plum tomatoes cut into wedges
- 0.5 cup onions red thinly sliced
- 10 oz torn salad greens mixed
- 0.5 cup athenos greek vinaigrette dressing with real athenos feta cheese

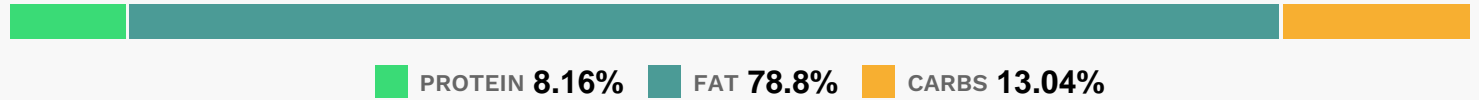
Equipment

bowl

Directions

- Combine first 5 ingredients in large bowl.
- Add dressing; toss to coat.
- Top with cheese.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:4.8778261127679%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 113.74kcal (5.69%), Fat: 10.34g (15.91%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.4g (1.56%), Cholesterol: 10.09mg (3.36%), Sodium: 296.27mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 15.28µg (14.55%), Vitamin C: 10.2mg (12.36%), Vitamin A: 575.59IU (11.51%), Vitamin E: 1.09mg (7.26%), Calcium: 70.66mg (7.07%), Vitamin B2: 0.12mg (7.06%), Phosphorus: 59.61mg (5.96%), Vitamin B6: 0.11mg (5.3%), Folate: 20.83µg (5.21%), Manganese: 0.09mg (4.37%), Potassium: 137.21mg (3.92%), Vitamin B12: 0.19µg (3.19%), Fiber: 0.8g (3.19%), Selenium: 2.16µg (3.09%), Zinc: 0.46mg (3.07%), Vitamin B1: 0.04mg (2.89%), Magnesium: 11.03mg (2.76%), Copper: 0.05mg (2.73%), Iron: 0.4mg (2.23%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.21mg (2.08%)