

Big Greek Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup caperberries
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 small cucumber chopped
- ☐ 0.5 cup kalamata olives
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.5 cup peppadew peppers chopped
- ☐ 0.5 onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 large head romaine lettuce chopped

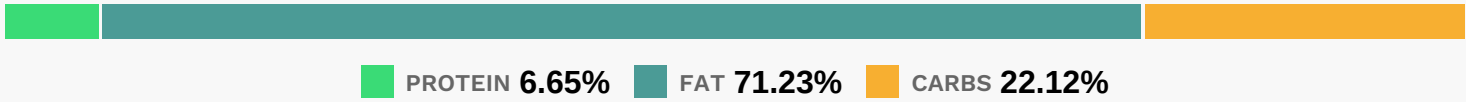
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the vinegar, lemon juice, oregano and 1/4 teaspoon each salt and pepper in a large bowl; slowly whisk in the olive oil until smooth.
- ☐ Add the cucumber, tomatoes, lettuce, olives, caperberries, Peppadews and red onion to the bowl with the dressing and toss. Season with salt and pepper.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:16.94000000539%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 19.24mg, Kaempferol: 19.24mg, Kaempferol: 19.24mg, Kaempferol: 19.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 29.78mg, Quercetin: 29.78mg, Quercetin: 29.78mg, Quercetin: 29.78mg

Nutrients (% of daily need)

Calories: 132.68kcal (6.63%), Fat: 11.27g (17.34%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 786.09mg (34.18%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 9341.28IU (186.83%), Vitamin K: 120.69µg (114.94%), Folate: 156.38µg (39.09%), Vitamin C: 22.96mg (27.83%), Fiber: 3.83g (15.33%), Vitamin E: 2.22mg (14.78%), Manganese: 0.26mg (12.84%), Potassium: 400.08mg (11.43%), Iron: 1.74mg (9.65%), Copper: 0.17mg (8.47%), Vitamin B6: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.29%), Magnesium: 29.01mg (7.25%), Vitamin B2: 0.11mg (6.48%), Calcium: 59.2mg (5.92%), Phosphorus: 51.68mg (5.17%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.41mg (2.73%), Selenium: 0.9µg (1.29%)