



Broccoli, Feta and Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups water
- 2 cups broccoli florets fresh
- 0.7 cup plum tomatoes chopped (Roma)
- 0.3 cup feta reduced-fat
- 2 tablespoons balsamic vinaigrette fat-free
- 2 teaspoons oregano dried fresh chopped

Equipment

- bowl

sauce pan

Directions

- In 2-quart saucepan, heat water to boiling over high heat.
- Add broccoli; cook 10 to 20 seconds or until broccoli is bright green.
- Drain broccoli; rinse in cold water until cool.
- In small serving bowl, stir broccoli and remaining ingredients.

Nutrition Facts

PROTEIN 19.01% **FAT 48.31%** **CARBS 32.68%**

Properties

Glycemic Index:18.75, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:8.9656521548396%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 72.81kcal (3.64%), Fat: 4.21g (6.48%), Saturated Fat: 1g (6.23%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.44g (2.71%), Cholesterol: 5.02mg (1.67%), Sodium: 180.27mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin C: 46.01mg (55.77%), Vitamin K: 55.74µg (53.09%), Vitamin A: 628.94IU (12.58%), Manganese: 0.19mg (9.52%), Folate: 36.95µg (9.24%), Fiber: 2.08g (8.32%), Potassium: 249.83mg (7.14%), Vitamin B6: 0.12mg (6.08%), Vitamin E: 0.75mg (5%), Calcium: 49.15mg (4.91%), Magnesium: 18.96mg (4.74%), Copper: 0.09mg (4.49%), Iron: 0.81mg (4.48%), Phosphorus: 40.97mg (4.1%), Vitamin B2: 0.07mg (3.88%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.31mg (3.05%), Vitamin B3: 0.57mg (2.86%), Zinc: 0.3mg (2.03%), Selenium: 1.18µg (1.69%)