



Chopped Dressed Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cucumbers peeled seeded coarsely chopped
- ☐ 6 ounce feta cheese crumbled
- ☐ 1 cup kalamata olives pitted
- ☐ 1 cup onion red coarsely chopped
- ☐ 9 servings oysterville sea farms vinaigrette italian
- ☐ 4 tomatoes seeded coarsely chopped
- ☐ 2 bell peppers yellow coarsely chopped

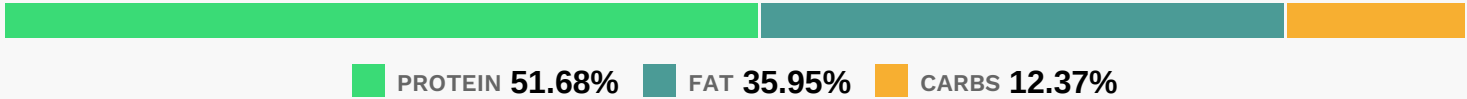
Equipment

bowl

Directions

Combine first 6 ingredients in a large bowl. Toss with desired amount of Oysterville Sea Farms Italian Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:24.863043536311%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 268.83kcal (13.44%), Fat: 10.61g (16.32%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.05g (2.2%), Sugar: 3.19g (3.55%), Cholesterol: 152.82mg (50.94%), Sodium: 572.06mg (24.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.63%), Vitamin B12: 6.81µg (113.56%), Selenium: 65.25µg (93.22%), Vitamin C: 59.46mg (72.08%), Phosphorus: 439.51mg (43.95%), Vitamin B6: 0.74mg (36.91%), Magnesium: 92.21mg (23.05%), Vitamin B3: 4.4mg (21.99%), Potassium: 755.46mg (21.58%), Vitamin B5: 1.74mg (17.36%), Vitamin B1: 0.26mg (17.25%), Vitamin A: 848.32IU (16.97%), Calcium: 148.27mg (14.83%), Vitamin B2: 0.25mg (14.71%), Folate: 49.58µg (12.4%), Iron: 2.08mg (11.54%), Zinc: 1.51mg (10.08%), Manganese: 0.2mg (9.78%), Copper: 0.19mg (9.58%), Vitamin K: 9.74µg (9.28%), Fiber: 2.16g (8.63%), Vitamin E: 0.92mg (6.16%)