



HEALTH SCORE

88%

Chopped Greek Salad



Vegetarian



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup garbanzo beans canned rinsed drained (garbanzo beans)
- ☐ 1 cup cucumber chopped
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 small garlic clove minced
- ☐ 1 cup grape tomatoes halved
- ☐ 12 cups baby greens chopped

- ☐ 1 tablespoon honey
- ☐ 0.3 cup kalamata olives pitted
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 wholewheat pita breads whole-wheat toasted halved
- ☐ 0.5 small onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup bell pepper diced yellow

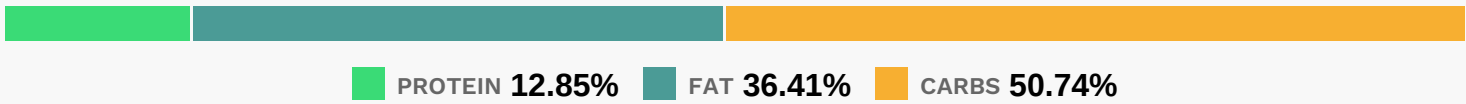
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the first 5 ingredients (through black pepper) in a bowl. Slowly whisk in olive oil until well-combined.
- ☐ Place romaine in large serving bowl. Arrange chickpeas and next 6 ingredients (through feta) on top in sections.
- ☐ Sprinkle mint leaves over the salad.
- ☐ Drizzle the dressing over the salad just before serving, and toss.
- ☐ Serve with toasted pita halves.

Nutrition Facts



Properties

Glycemic Index:89.65, Glycemic Load:19.24, Inflammation Score:-10, Nutrition Score:30.992608924275%

Flavonoids

Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg,

Naringenin: 0.46mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 305.85kcal (15.29%), Fat: 13.05g (20.08%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 32.14g (11.69%), Sugar: 9.34g (10.38%), Cholesterol: 11.13mg (3.71%), Sodium: 706.14mg (30.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Vitamin A: 19435.47IU (388.71%), Vitamin K: 231.46µg (220.44%), Vitamin C: 91.28mg (110.64%), Folate: 343.92µg (85.98%), Manganese: 1mg (49.82%), Fiber: 8.8g (35.18%), Vitamin B6: 0.57mg (28.31%), Potassium: 908.38mg (25.95%), Vitamin B1: 0.31mg (20.85%), Iron: 3.72mg (20.69%), Calcium: 201.22mg (20.12%), Phosphorus: 200.8mg (20.08%), Vitamin B2: 0.33mg (19.13%), Magnesium: 69.39mg (17.35%), Copper: 0.34mg (16.76%), Vitamin E: 1.87mg (12.47%), Zinc: 1.64mg (10.97%), Vitamin B3: 2.13mg (10.64%), Vitamin B5: 0.89mg (8.94%), Selenium: 4.02µg (5.74%), Vitamin B12: 0.21µg (3.52%)