



Classic Greek Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 persian cucumbers
- 4 ounce block greek feta cheese in brine packed
- 1 teaspoon honey
- 1 juice of lemon grated
- 1 cup kalamata olives pitted halved
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin plus more for drizzling
- 1 teaspoon oregano dried

- 4 servings pepper freshly ground
- 1 small onion red halved thinly sliced
- 0.3 cup red wine vinegar
- 12 vine-ripened tomatoes quartered

Equipment

- bowl
- whisk

Directions

- Soak the red onion in a bowl of heavily salted ice water, 15 minutes.
- Meanwhile, whisk the vinegar, lemon zest and juice, honey, dried oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
- Whisk in the olive oil in a slow, steady stream until emulsified.
- Add the tomatoes and olives and toss. Peel the cucumbers, leaving alternating strips of green peel. Trim the ends, halve lengthwise and slice crosswise, about 1/2 inch thick; add to the bowl with the tomatoes.
- Drain the red onion, add to the bowl and toss.
- Drain the feta and slice horizontally into 4 even rectangles. Divide the salad among plates. Top with the feta and oregano; drizzle with olive oil and season with pepper. Photograph by Johnny Miller

Nutrition Facts



PROTEIN 10.34% **FAT 59.51%** **CARBS 30.15%**

Properties

Glycemic Index:49.07, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:28.872608817142%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg,

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 377.21kcal (18.86%), Fat: 26.17g (40.26%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 20.93g (7.61%), Sugar: 17.87g (19.86%), Cholesterol: 25.23mg (8.41%), Sodium: 1072.28mg (46.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Vitamin C: 67.59mg (81.92%), Vitamin A: 3606.09IU (72.12%), Vitamin K: 68.64µg (65.37%), Potassium: 1478.7mg (42.25%), Manganese: 0.79mg (39.26%), Vitamin E: 5.5mg (36.63%), Fiber: 8.9g (35.59%), Vitamin B6: 0.66mg (32.97%), Folate: 125.9µg (31.47%), Copper: 0.55mg (27.61%), Phosphorus: 274.94mg (27.49%), Calcium: 263.17mg (26.32%), Magnesium: 100.05mg (25.01%), Vitamin B2: 0.42mg (24.56%), Vitamin B1: 0.32mg (21.26%), Vitamin B5: 1.56mg (15.61%), Zinc: 2.17mg (14.46%), Iron: 2.58mg (14.33%), Vitamin B3: 2.76mg (13.78%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.12µg (7.31%)