



Creamy Feta Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup feta cheese french crumbled
- ☐ 3 servings salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 2.5 tablespoons red wine vinegar
- ☐ 1 tablespoon water

Equipment

- ☐ food processor

Directions

☐ In a food processor, pulse the crumbled feta with the red wine vinegar, water, oregano and olive oil until the vinaigrette is smooth. Season with salt and pepper.

Nutrition Facts



PROTEIN 8.15% **FAT 89.23%** **CARBS 2.62%**

Properties

Glycemic Index:10.67, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:6.1682608140552%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 261.75kcal (13.09%), Fat: 26.08g (40.12%), Saturated Fat: 7.48g (46.73%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.01g (0.02%), Cholesterol: 33.38mg (11.13%), Sodium: 622.98mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Calcium: 191.4mg (19.14%), Vitamin B2: 0.32mg (18.72%), Vitamin E: 2.72mg (18.14%), Vitamin K: 13.58µg (12.94%), Phosphorus: 127.87mg (12.79%), Vitamin B12: 0.63µg (10.56%), Vitamin B6: 0.16mg (8.12%), Selenium: 5.64µg (8.06%), Zinc: 1.09mg (7.29%), Vitamin B1: 0.06mg (3.89%), Vitamin B5: 0.37mg (3.66%), Vitamin A: 163.92IU (3.28%), Folate: 12.79µg (3.2%), Iron: 0.53mg (2.92%), Magnesium: 8.58mg (2.14%), Vitamin B3: 0.39mg (1.94%), Manganese: 0.03mg (1.67%)