



Cucumber, Tomato and Feta Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups cucumber english coarsely chopped (2 pounds total)
- ☐ 7 ounce feta cheese divided crumbled
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup olives assorted pitted halved (such as Kalamata or Gaeta)
- ☐ 1 bunch spring onion chopped

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2 large tomatoes coarsely chopped (1 pound total)

Equipment

☐

bowl

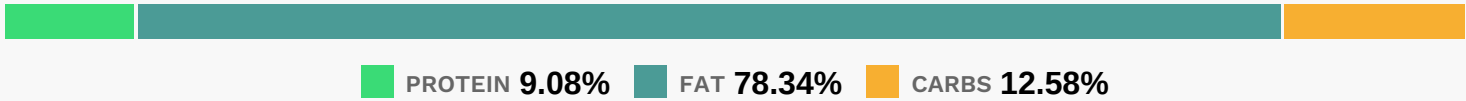
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whisk

Directions

- ☐ Combine cucumbers, tomatoes, scallions,olives, half of feta, and mint in a large bowl.
- ☐ Whisk oil and lemon juice in a small bowl;season dressing with salt and pepper.
- ☐ Pourdressing over salad; toss to coat. Season totaste with salt and pepper.
- ☐ Sprinkle remaininghalf of feta over and serve.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:9.3182609159013%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 208.04kcal (10.4%), Fat: 18.72g (28.8%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 4.61g (1.68%), Sugar: 2.93g (3.25%), Cholesterol: 22.08mg (7.36%), Sodium: 551.96mg (24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Vitamin K: 24.15µg (23%), Vitamin C: 13.83mg (16.77%), Vitamin E: 2.5mg (16.69%), Calcium: 159.58mg (15.96%), Vitamin A: 772.22IU (15.44%), Vitamin B2: 0.26mg (15.02%), Phosphorus: 120.07mg (12.01%), Vitamin B6: 0.21mg (10.35%), Manganese: 0.18mg (9.16%), Folate: 35.9µg (8.98%), Fiber: 2.15g (8.61%), Potassium: 299.53mg (8.56%), Copper: 0.14mg (7.01%), Vitamin B12: 0.42µg (6.99%), Zinc: 1.02mg (6.77%), Magnesium: 27.02mg (6.76%), Vitamin B1: 0.1mg (6.36%), Selenium: 4µg (5.72%), Vitamin B5: 0.55mg (5.47%), Iron: 0.85mg (4.71%), Vitamin B3: 0.66mg (3.32%)