



Cucumber, Tomato, Feta & Olive Salad



Vegetarian



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cherry tomatoes cut in half (i used garlic basil cherry tomatoes)
- ☐ 1 cucumber peeled unpeeled sliced
- ☐ 4 servings optional: dill
- ☐ 0.8 cup feta cheese crumbled
- ☐ 0.5 cup kalamata olives pitted sliced in half
- ☐ 4 servings the salad
- ☐ 4 servings salt and pepper to taste

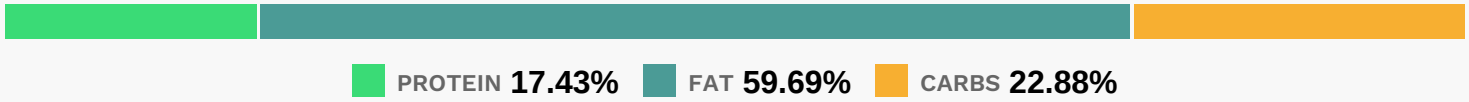
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine the tomatoes, olives and cucumber. Salt and pepper to taste.
- ☐ Drizzle Honey Dill Vinaigrette on top. (Best if you let sit at least an hour in refrigerator before serving.)
- ☐ Add feta cheese and serve over a bed of greens. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:10.183478210283%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 127.85kcal (6.39%), Fat: 8.86g (13.63%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.04g (2.19%), Sugar: 2.98g (3.31%), Cholesterol: 25.03mg (8.34%), Sodium: 797.82mg (34.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin C: 28.75mg (34.85%), Vitamin A: 1065.43IU (21.31%), Vitamin B2: 0.29mg (17.29%), Calcium: 171.65mg (17.17%), Phosphorus: 147.73mg (14.77%), Vitamin B6: 0.25mg (12.69%), Folate: 44.64µg (11.16%), Potassium: 358.51mg (10.24%), Manganese: 0.2mg (10.07%), Copper: 0.16mg (7.93%), Vitamin B12: 0.48µg (7.92%), Vitamin K: 8.23µg (7.84%), Vitamin E: 1.13mg (7.56%), Zinc: 1.13mg (7.56%), Vitamin B1: 0.11mg (7.27%), Selenium: 4.98µg (7.11%), Magnesium: 27.36mg (6.84%), Iron: 1.2mg (6.65%), Fiber: 1.61g (6.42%), Vitamin B5: 0.6mg (6%), Vitamin B3: 0.96mg (4.82%)