



Dakos (Greek Bread Salad)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 2 beefsteak tomatoes ripe cut into 1/2-inch dice
- ☐ 1 loaf country bread sliced into 1/ slices
- ☐ 8 servings chili oil for drizzling, optional
- ☐ 2 cucumbers english quartered cut into 1/2-inch dice
- ☐ 12 ounces feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh plus more for garnish chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup greek olive oil plus more for brushing on bread

- ☐ 1 onion red peeled halved thinly sliced
- ☐ 8 servings salt and pepper freshly ground

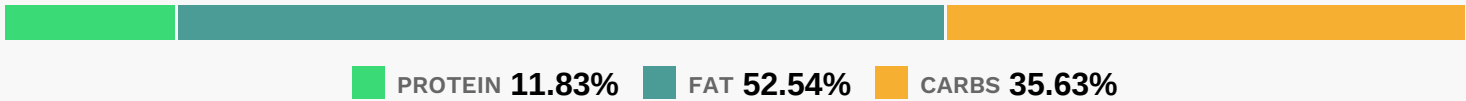
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat the grill.
- ☐ Brush the bread with oil on both sides and season with salt and pepper. Grill bread on both sides until lightly golden brown.
- ☐ Remove the bread to a platter and let sit at room temperature to get slightly hard.
- ☐ Meanwhile, whisk together 1 cup olive oil, lemon juice, and dill in a medium bowl. Season, to taste, with salt and pepper. Fold the cucumber, tomatoes, onion, and feta into the oil mixture and let stand at room temperature for 30 minutes. Spoon the mixture over the bread.
- ☐ Garnish with additional dill and drizzle with chili oil, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.71, Glycemic Load:23.29, Inflammation Score:-8, Nutrition Score:23.351739048958%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 550.83kcal (27.54%), Fat: 32.68g (50.27%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 44.82g (16.3%), Sugar: 9.13g (10.15%), Cholesterol: 37.85mg (12.62%), Sodium: 1087.41mg (47.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Manganese: 1.2mg (60.05%), Selenium: 31.16µg (44.52%), Vitamin B2: 0.62mg (36.41%), Calcium: 340.43mg (34.04%), Vitamin K: 35.68µg (33.98%), Vitamin B1: 0.47mg (31.65%), Phosphorus: 295.99mg (29.6%), Vitamin B3: 5.78mg (28.87%), Folate: 108.07µg (27.02%), Vitamin E: 3.53mg (23.52%), Iron: 3.92mg (21.8%), Vitamin C: 17.93mg (21.73%), Fiber: 5.05g (20.21%), Vitamin B6: 0.39mg (19.64%), Vitamin A: 972.54IU (19.45%), Zinc: 2.43mg (16.21%), Magnesium: 63.89mg (15.97%), Vitamin B5: 1.41mg (14.05%), Potassium: 486.45mg (13.9%), Vitamin B12: 0.72µg (11.98%), Copper: 0.23mg (11.36%), Vitamin D: 0.17µg (1.13%)