



Dawn's World-Famous Greek Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cucumber peeled cut into strips
- ☐ 8 ounce feta cheese crumbled
- ☐ 3 slices bell pepper green
- ☐ 1 head lettuce shredded
- ☐ 1 pound shrimp fresh unpeeled
- ☐ 0.5 cup kalamata olives pitted
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano fresh chopped

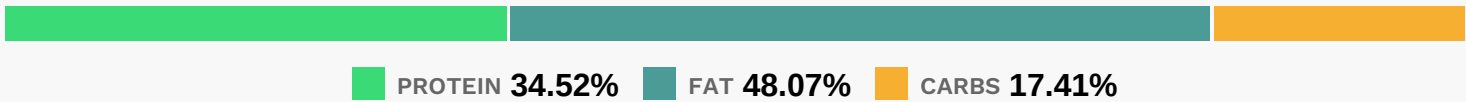
- ☐ 14 pickled beets sliced
- ☐ 8 servings potato salad
- ☐ 0.5 cup red wine vinegar
- ☐ 1 head the of 1 cos lettuce
- ☐ 1 quart water boiling

Equipment

Directions

- ☐ Cook shrimp in 1 quart boiling water 3 to 5 minutes or just until shrimp turn pink; drain. Rinse with cold water, and drain. Peel shrimp, leaving tails on; devein, if desired.
- ☐ Line a large platter with romaine lettuce leaves. Mound Greek Potato Salad in center. Arrange shrimp, iceberg lettuce, beets, cucumber, and, if desired, tomato around potato salad.
- ☐ Sprinkle with olives and feta cheese. Top with bell pepper slices, and, if desired, anchovies; sprinkle with oregano.
- ☐ Drizzle with vinegar and oil just before serving.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:22.230869656024%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 199.17kcal (9.96%), Fat: 10.93g (16.82%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.81g (4.23%), Cholesterol: 116.69mg (38.9%), Sodium: 550.98mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Vitamin A: 7467.54IU (149.35%), Vitamin K: 105.65µg (100.62%), Vitamin C: 34.11mg (41.34%), Folate: 145.2µg (36.3%), Phosphorus: 271.33mg (27.13%), Calcium:

235.97mg (23.6%), Vitamin B2: 0.33mg (19.43%), Copper: 0.37mg (18.41%), Potassium: 584.47mg (16.7%),
Manganese: 0.33mg (16.36%), Vitamin B6: 0.31mg (15.51%), Fiber: 3.73g (14.92%), Zinc: 2mg (13.33%), Magnesium:
52.68mg (13.17%), Iron: 1.97mg (10.93%), Vitamin B1: 0.16mg (10.77%), Vitamin B12: 0.48µg (8%), Vitamin E: 1.18mg
(7.84%), Selenium: 4.79µg (6.84%), Vitamin B5: 0.58mg (5.82%), Vitamin B3: 0.83mg (4.15%)