



## Easy Greek Cucumber-Tomato Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

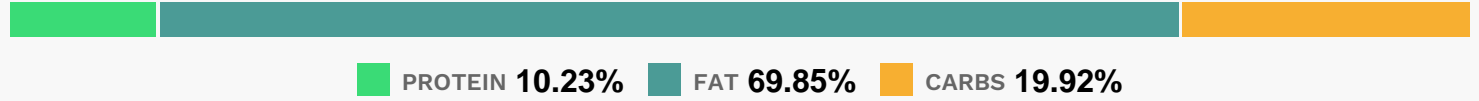
- 1 large cucumber chopped
- 0.5 cup athenos feta cheese crumbled traditional
- 0.5 cup pasilla peppers green coarsely chopped
- 0.5 tsp lemon zest
- 0.5 cup onions red thinly sliced
- 2 tomatoes coarsely chopped
- 0.3 cup greek vinaigrette dressing kraft

### Equipment

# Directions

Combine ingredients.

# Nutrition Facts



## Properties

Glycemic Index:11.7, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:3.5408695968597%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 60.46kcal (3.02%), Fat: 4.86g (7.47%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.35g (0.86%), Sugar: 1.71g (1.9%), Cholesterol: 6.68mg (2.22%), Sodium: 87.9mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin C: 10.98mg (13.31%), Vitamin K: 10.85µg (10.34%), Vitamin A: 284.5IU (5.69%), Vitamin B2: 0.08mg (4.66%), Calcium: 46.07mg (4.61%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 40.88mg (4.09%), Potassium: 126.41mg (3.61%), Manganese: 0.07mg (3.5%), Vitamin E: 0.47mg (3.15%), Folate: 12.29µg (3.07%), Fiber: 0.76g (3.06%), Vitamin B1: 0.04mg (2.49%), Magnesium: 9.05mg (2.26%), Copper: 0.04mg (2.25%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.13µg (2.11%), Selenium: 1.29µg (1.85%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.28mg (1.38%), Iron: 0.22mg (1.22%)