



Easy Greek Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp olives black pitted chopped
- 0.5 cucumber sliced cut in half lengthwise,
- 4 oz athenos feta cheese crumbled traditional
- 3 plum tomatoes cut into wedges
- 0.5 cup seasons dressing mix italian good prepared
- 10 cups torn romaine lettuce

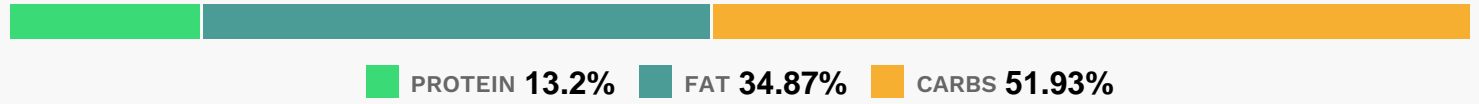
Equipment

- bowl

Directions

- Mix dressing and olives; set aside.
- Toss lettuce with tomatoes and cucumber in salad bowl.
- Drizzle with dressing mixture; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:19.114782530329%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 195.99kcal (9.8%), Fat: 7.21g (11.1%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 20.75g (7.55%), Sugar: 3.16g (3.51%), Cholesterol: 25.23mg (8.41%), Sodium: 2616.07mg (113.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin A: 10783.95IU (215.68%), Vitamin K: 127.38µg (121.31%), Folate: 181.22µg (45.3%), Vitamin B2: 0.34mg (19.79%), Calcium: 190.52mg (19.05%), Phosphorus: 149.98mg (15%), Vitamin C: 12.27mg (14.87%), Fiber: 3.42g (13.68%), Manganese: 0.27mg (13.52%), Potassium: 470.69mg (13.45%), Vitamin B6: 0.26mg (13.24%), Vitamin B1: 0.16mg (10.53%), Iron: 1.55mg (8.62%), Zinc: 1.23mg (8.21%), Vitamin B12: 0.48µg (7.99%), Magnesium: 31.89mg (7.97%), Selenium: 4.8µg (6.85%), Copper: 0.12mg (6.22%), Vitamin B5: 0.57mg (5.73%), Vitamin B3: 0.95mg (4.74%), Vitamin E: 0.62mg (4.12%)