



Easy Greek Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cucumber diced whole peeled cut into fourths lengthwise, and into large chunks large
- ☐ 6 ounces feta cheese crumbled
- ☐ 6 servings parsley leaves fresh roughly chopped
- ☐ 1 clove garlic minced
- ☐ 30 kalamata olives whole pitted chopped cut in half lengthwise, plus 6 olives, fine
- ☐ 1 optional: lemon whole for squeezing
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion whole red very thin sliced

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 head romaine lettuce chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sugar to taste
- ☐ 4 tomatoes whole ripe cut into 6 wedges each, then each wedge cut in half

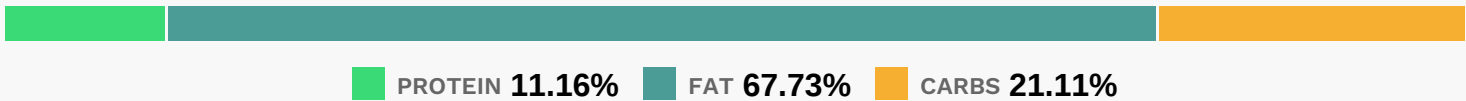
Equipment

- ☐ bowl
- ☐ whisk
- ☐ tongs
- ☐ canning jar

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the chopped lettuce, tomato wedges, cucumber chunks, onion slices, halved olives, half the feta and some parsley to a large bowl.
- ☐ Combine the olive oil, vinegar, sugar, garlic, 1/4 teaspoon salt, pepper and chopped olives in a bowl or mason jar.
- ☐ Whisk or shake together until combined. Taste and adjust seasonings (I almost always add a little more sugar).
- ☐ Pour the dressing over the salad ingredients, then add some salt and pepper. Toss with tongs or clean hands. Just before serving, top with the remaining feta and squeeze a little lemon juice over the top.

Nutrition Facts



Properties

Glycemic Index:49.43, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:22.347391304762%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 236.62kcal (11.83%), Fat: 18.81g (28.94%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 8.2g (2.98%), Sugar: 5.69g (6.33%), Cholesterol: 25.23mg (8.41%), Sodium: 652.22mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin A: 10344.02IU (206.88%), Vitamin K: 188.8µg (179.81%), Folate: 180.23µg (45.06%), Vitamin C: 32.62mg (39.54%), Calcium: 213.38mg (21.34%), Vitamin B2: 0.35mg (20.51%), Fiber: 4.99g (19.96%), Vitamin E: 2.76mg (18.41%), Potassium: 607.26mg (17.35%), Manganese: 0.34mg (17.21%), Phosphorus: 166.3mg (16.63%), Vitamin B6: 0.33mg (16.42%), Vitamin B1: 0.18mg (12.25%), Iron: 2.09mg (11.58%), Magnesium: 41.67mg (10.42%), Copper: 0.18mg (9.21%), Zinc: 1.36mg (9.07%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.1µg (7.28%), Vitamin B5: 0.68mg (6.78%), Vitamin B3: 1.24mg (6.22%)