



Easy Greek Salad



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons olive oil extra virgin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon garlic fresh chopped
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon optional: dill dried fresh chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 large plum tomatoes seeded coarsely chopped

- ☐ 0.8 cucumber peeled seeded coarsely chopped
- ☐ 0.5 onion red peeled chopped
- ☐ 1 bell pepper seeded coarsely chopped
- ☐ 0.5 cup olives black pitted coarsely chopped (preferably brine-cured)
- ☐ 1 cup half feta cheese crumbled

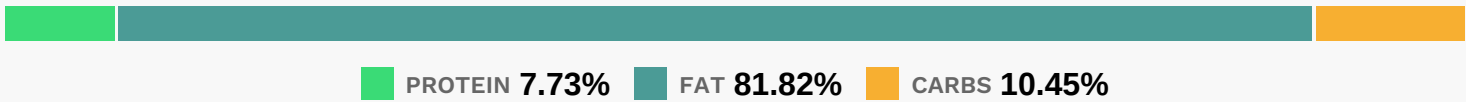
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the olive oil, lemon juice, garlic, vinegar, oregano, and dill together until blended. Season to taste with salt and freshly ground black pepper.
- ☐ This can be prepared 3 hours ahead.
- ☐ Let stand at room temperature. Re-whisk before using.
- ☐ Combine the tomatoes, cucumber, onion, bell pepper, olives in a bowl. Toss with dressing.
- ☐ Sprinkle with cheese and serve.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:9.6534782984982%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 227.76kcal (11.39%), Fat: 21.31g (32.79%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.75g (3.06%), Cholesterol: 22.25mg (7.42%), Sodium: 464.63mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin C: 33.57mg (40.7%), Vitamin A: 1064.69IU (21.29%), Vitamin E: 3.02mg (20.15%), Vitamin K: 16.4µg (15.62%), Calcium: 146.48mg (14.65%), Vitamin B2: 0.25mg (14.63%), Vitamin B6: 0.23mg (11.55%), Phosphorus: 109.54mg (10.95%), Folate: 30.52µg (7.63%), Vitamin B12: 0.42µg (7.04%), Fiber: 1.71g (6.82%), Manganese: 0.13mg (6.66%), Zinc: 0.92mg (6.13%), Potassium: 212.73mg (6.08%), Selenium: 4.01µg (5.72%), Vitamin B1: 0.08mg (5.42%), Magnesium: 18.59mg (4.65%), Vitamin B5: 0.45mg (4.47%), Copper: 0.08mg (3.89%), Iron: 0.69mg (3.84%), Vitamin B3: 0.69mg (3.47%)