



Feta Cheese Mediterranean Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado chopped
- 0.5 cup balsamic vinaigrette dressing kraft
- 0.8 cup chickpeas canned rinsed (garbanzo beans)
- 4 oz athenos feta cheese crumbled traditional
- 1 cup kalamata olives coarsely chopped
- 0.5 cup slivered onions red
- 1 cup plum tomatoes chopped
- 4 cups tightly torn salad greens mixed packed

Equipment

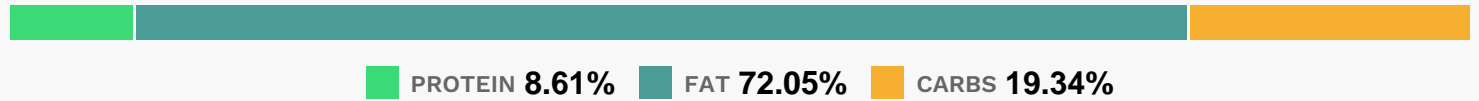
bowl

Directions

Combine all ingredients except dressing in large bowl.

Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:43.08, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:15.241304345753%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 364.74kcal (18.24%), Fat: 30.23g (46.51%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 11.37g (4.13%), Sugar: 3.9g (4.33%), Cholesterol: 25.23mg (8.41%), Sodium: 1218.34mg (52.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Vitamin C: 23.92mg (28.99%), Fiber: 6.88g (27.53%), Vitamin A: 1277.74IU (25.55%), Vitamin B6: 0.51mg (25.43%), Manganese: 0.48mg (24.14%), Folate: 85.95µg (21.49%), Vitamin B2: 0.35mg (20.48%), Calcium: 192.77mg (19.28%), Phosphorus: 183.21mg (18.32%), Vitamin E: 2.7mg (18%), Potassium: 557.92mg (15.94%), Vitamin K: 16.29µg (15.51%), Copper: 0.25mg (12.74%), Vitamin B5: 1.2mg (11.97%), Magnesium: 44.88mg (11.22%), Zinc: 1.58mg (10.55%), Vitamin B3: 1.87mg (9.35%), Vitamin B1: 0.14mg (9.16%), Iron: 1.46mg (8.1%), Selenium: 5.63µg (8.05%), Vitamin B12: 0.48µg (7.99%)