

health-score 60%

HEALTH SCORE

Feta Cheese with Basil Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

251 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 tablespoon balsamic vinegar to taste
- ☐ 1 pint cherry tomatoes halved
- ☐ 6 ounce feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 1 bunch basil leaves fresh sliced
- ☐ 6 servings garlic salt to taste
- ☐ 1 bunch green onions sliced
- ☐ 0.5 cup kalamata olives pitted chopped

- ☐ 1 tablespoon olive oil extra-virgin to taste
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 cup walnuts chopped

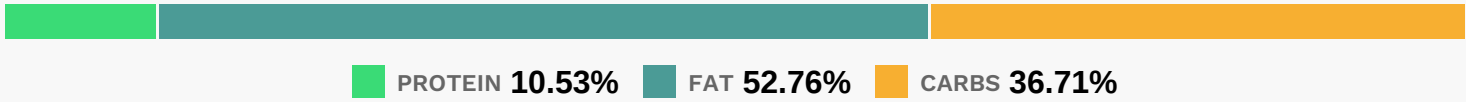
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the walnuts in a small skillet over medium heat. Cook, stirring constantly, until golden brown.
- ☐ In a bowl, gently mix the walnuts, tomatoes, basil, green onions, avocado, feta cheese with basil and sun-dried tomatoes, kalamata olives, and red bell pepper. Season with garlic salt, and drizzle with balsamic vinegar and extra-virgin olive oil. Allow to sit about 15 minutes, and toss again just before serving.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:21.476521761521%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 250.73kcal (12.54%), Fat: 16.34g (25.14%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 17.74g (6.45%), Sugar: 14.49g (16.1%), Cholesterol: 0mg (0%), Sodium: 412.99mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin C: 58.95mg (71.45%), Manganese: 1.03mg (51.72%), Potassium: 1414.38mg (40.41%), Vitamin K: 38.04µg (36.23%), Copper: 0.71mg (35.33%), Fiber:

7.85g (31.4%), Vitamin A: 1459.68IU (29.19%), Magnesium: 92.81mg (23.2%), Iron: 3.86mg (21.43%), Folate: 79.15µg (19.79%), Vitamin B3: 3.93mg (19.66%), Phosphorus: 182.5mg (18.25%), Vitamin B6: 0.36mg (18.03%), Vitamin B1: 0.25mg (16.63%), Vitamin E: 2.32mg (15.45%), Vitamin B2: 0.24mg (13.88%), Vitamin B5: 1.29mg (12.86%), Zinc: 1.27mg (8.49%), Calcium: 66.78mg (6.68%), Selenium: 2.71µg (3.88%)