



food
network

Feta Olive Salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 6 servings boston lettuce leaves
- ☐ 1 cup very cherry tomatoes halved
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 pound feta crumbled
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 teaspoon mint leaves fresh minced
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup olives green pitted sliced

- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 1 lemon zest minced
- ☐ 1 orange zest minced
- ☐ 2 teaspoons oregano fresh minced
- ☐ 2 tablespoons parsley fresh italian minced
- ☐ 6 servings pepper in a mill black
- ☐ 0.5 small onion diced red

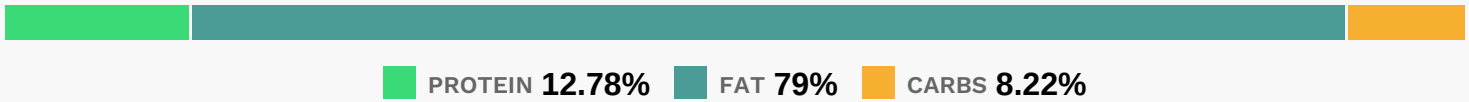
Equipment

- ☐ bowl

Directions

- ☐ Place the feta in a large shallow bowl, add the onion, garlic, lemon zest, orange zest, cherry tomatoes, if using, green olives, and black olives. Toss lightly but thoroughly.
- ☐ Drizzle the olive oil over the salad and toss again.
- ☐ Add the fresh herbs, toss, and add several turns of black pepper. Arrange the lettuce leaves on 1 large or several individual plates and spoon the feta salad on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:14.526086952375%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 354.48kcal (17.72%), Fat: 31.79g (48.91%), Saturated Fat: 12.19g (76.19%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.65g (2.06%), Sugar: 1.23g (1.37%), Cholesterol: 67.28mg (22.43%), Sodium: 1217.56mg (52.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Calcium: 410mg (41%), Vitamin B2: 0.66mg (38.68%), Vitamin K: 37.06µg (35.3%), Phosphorus: 270.41mg (27.04%), Vitamin B12: 1.28µg (21.29%), Vitamin E: 3.01mg (20.05%), Vitamin B6: 0.39mg (19.57%), Selenium: 12µg (17.14%), Vitamin C: 12.67mg (15.35%), Zinc: 2.3mg (15.32%), Vitamin A: 700.64IU (14.01%), Vitamin B1: 0.14mg (9.56%), Folate: 35.03µg (8.76%), Vitamin B5: 0.82mg (8.16%), Fiber: 1.79g (7.15%), Iron: 1.26mg (6.99%), Manganese: 0.13mg (6.73%), Magnesium: 23.75mg (5.94%), Vitamin B3: 1.03mg (5.16%), Potassium: 155.75mg (4.45%), Copper: 0.09mg (4.43%), Vitamin D: 0.3µg (2.02%)