



Feta Salsa

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

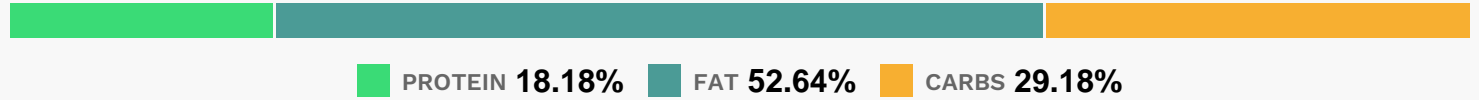
- 14 oz canned tomatoes drained chopped canned
- 4 oz athenos feta cheese crumbled traditional
- 3 Tbsp basil fresh chopped
- 2 Tbsp green onion chopped
- 0.3 cup kalamata olives black pitted sliced
- 1 Tbsp juice of lime fresh
- 1 tsp oregano leaves dried

Equipment

Directions

- Mix all ingredients until well blended.
- Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:4.3917391222456%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 49.32kcal (2.47%), Fat: 3.09g (4.75%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.83g (2.03%), Cholesterol: 10.09mg (3.36%), Sodium: 234.66mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin K: 13.81µg (13.15%), Calcium: 78.45mg (7.84%), Vitamin B2: 0.12mg (7.07%), Vitamin B6: 0.11mg (5.74%), Vitamin C: 4.67mg (5.66%), Manganese: 0.11mg (5.43%), Phosphorus: 53.03mg (5.3%), Vitamin A: 261.92IU (5.24%), Vitamin E: 0.7mg (4.69%), Copper: 0.09mg (4.51%), Iron: 0.75mg (4.17%), Fiber: 1.01g (4.04%), Potassium: 137.65mg (3.93%), Vitamin B1: 0.05mg (3.33%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.19µg (3.19%), Magnesium: 12.52mg (3.13%), Zinc: 0.46mg (3.07%), Folate: 11.52µg (2.88%), Selenium: 1.99µg (2.85%), Vitamin B5: 0.23mg (2.29%)