



Field Salad with Tomato, Feta, and Olives

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cherry tomatoes halved
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 3 tablespoons dressing fat-free italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 large pimiento-stuffed olives diced
- ☐ 6 cups mesclun salad greens

Equipment

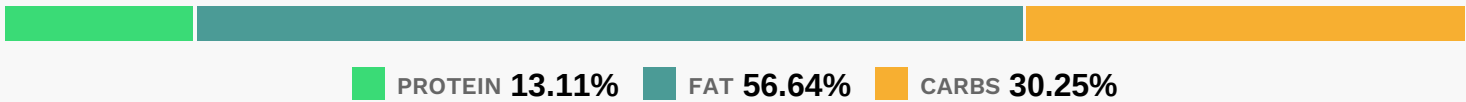
☐

bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add mesclun, tomatoes, and cheese; toss gently until greens are thoroughly coated.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:5.317826014498%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 62.76kcal (3.14%), Fat: 4.13g (6.35%), Saturated Fat: 1.3g (8.16%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.64g (1.69%), Sugar: 1.99g (2.21%), Cholesterol: 6.31mg (2.1%), Sodium: 380.96mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 21.71mg (26.32%), Vitamin A: 889.75IU (17.8%), Folate: 28.96µg (7.24%), Manganese: 0.14mg (6.87%), Vitamin K: 7.09µg (6.75%), Phosphorus: 58.56mg (5.86%), Vitamin B2: 0.1mg (5.74%), Vitamin B6: 0.11mg (5.62%), Potassium: 192.23mg (5.49%), Calcium: 49.25mg (4.93%), Iron: 0.7mg (3.89%), Vitamin E: 0.51mg (3.4%), Copper: 0.06mg (3.16%), Vitamin B3: 0.6mg (3%), Magnesium: 11.86mg (2.97%), Vitamin B1: 0.04mg (2.92%), Zinc: 0.39mg (2.58%), Selenium: 1.7µg (2.44%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.32g (1.28%)