



Fresh Mediterranean Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15.5 ounce cannellini beans rinsed drained canned
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups fennel bulb sliced (1 medium)
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.8 cup parsley fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 0.5 teaspoon kosher salt

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup olives pitted ripe halved
- ☐ 1 teaspoon oregano dried
- ☐ 6 plum tomatoes quartered
- ☐ 1.5 cups onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons sunflower seeds
- ☐ 2 tablespoons water

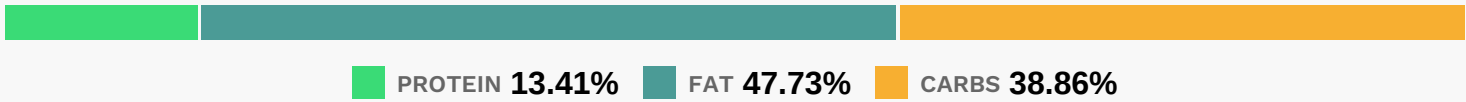
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 7 ingredients in a small bowl. Gradually add oil, stirring with a whisk until blended.
- ☐ To prepare salad, combine fennel and the next 6 ingredients (through tomatoes) in a large bowl.
- ☐ Drizzle vinaigrette over salad, tossing until well combined.
- ☐ Sprinkle with sunflower seeds. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:13.163478199555%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.2mg, Isorhamnetin:

1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 159.9kcal (7.99%), Fat: 8.84g (13.61%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 11.76g (4.28%), Sugar: 2.99g (3.33%), Cholesterol: 5.05mg (1.68%), Sodium: 414.56mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin K: 93.44µg (88.99%), Manganese: 0.43mg (21.53%), Vitamin C: 15.19mg (18.41%), Fiber: 4.44g (17.75%), Vitamin E: 2.56mg (17.07%), Vitamin A: 795.64IU (15.91%), Folate: 57.56µg (14.39%), Potassium: 451.91mg (12.91%), Iron: 2.23mg (12.41%), Magnesium: 44.66mg (11.16%), Copper: 0.21mg (10.63%), Phosphorus: 102.46mg (10.25%), Calcium: 98.54mg (9.85%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.12mg (7.77%), Zinc: 0.97mg (6.45%), Vitamin B2: 0.1mg (5.77%), Selenium: 3.26µg (4.65%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.1µg (1.6%)