



Fresh Tomato & Pita Salad

READY IN



15 min.

SERVINGS



15

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chickpeas canned drained (garbanzo beans)
- 0.5 cup cucumbers seeded sliced
- 0.5 cup athenos feta cheese crumbled traditional
- 2 cups grape tomatoes halved
- 1 Tbsp oregano fresh chopped
- 2 cups athenos pita chips original
- 0.3 cup vinaigrette dressing made italian with extra virgin olive oil kraft

Equipment

bowl

Directions

Combine all ingredients in medium bowl.

Nutrition Facts

PROTEIN 9.81% **FAT 60.78%** **CARBS 29.41%**

Properties

Glycemic Index:8.36, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:3.4117391057636%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 82.84kcal (4.14%), Fat: 5.72g (8.8%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.14g (1.87%), Sugar: 0.84g (0.93%), Cholesterol: 4.45mg (1.48%), Sodium: 131.9mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.17mg (8.33%), Vitamin E: 1.05mg (6.99%), Vitamin K: 6.28µg (5.98%), Vitamin B6: 0.1mg (5%), Fiber: 1.08g (4.34%), Vitamin A: 197.09IU (3.94%), Folate: 15.56µg (3.89%), Vitamin B2: 0.07mg (3.88%), Phosphorus: 38.07mg (3.81%), Selenium: 2.67µg (3.81%), Calcium: 37.3mg (3.73%), Vitamin C: 2.88mg (3.49%), Iron: 0.61mg (3.37%), Vitamin B1: 0.05mg (3.26%), Vitamin B3: 0.56mg (2.78%), Potassium: 82.73mg (2.36%), Magnesium: 9.39mg (2.35%), Zinc: 0.32mg (2.12%), Copper: 0.04mg (2.12%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.14mg (1.38%)