



Gluten-Free Garden Fresh Greek Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 teaspoon pepper
- ☐ 1 clove garlic finely chopped
- ☐ 10 oz the of 1 cos lettuce

- ☐ 0.8 cup cucumber peeled seeded chopped
- ☐ 0.5 cup onion red sliced
- ☐ 0.3 cup kalamata olives sliced
- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 0.3 cup feta reduced-fat

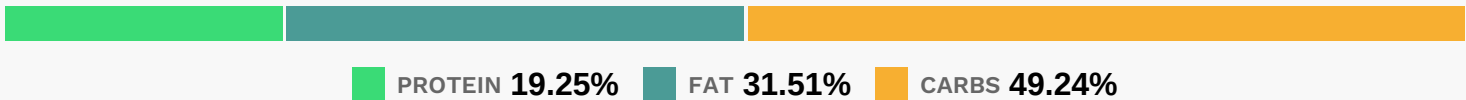
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, beat all dressing ingredients with wire whisk.
- ☐ In large bowl, toss all salad ingredients except cheese. Stir in dressing until salad is well coated.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:10.946087083091%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 49.97kcal (2.5%), Fat: 1.97g (3.03%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.16g (3.51%), Cholesterol: 3.35mg (1.12%), Sodium: 348.82mg (15.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin A: 4475.46IU (89.51%), Vitamin K:

58.03µg (55.27%), Folate: 78.41µg (19.6%), Vitamin C: 11.59mg (14.05%), Manganese: 0.21mg (10.44%), Fiber: 2.39g (9.58%), Potassium: 271.44mg (7.76%), Vitamin B6: 0.11mg (5.49%), Iron: 0.99mg (5.49%), Magnesium: 17.83mg (4.46%), Vitamin B1: 0.07mg (4.36%), Vitamin E: 0.65mg (4.34%), Calcium: 43.05mg (4.31%), Copper: 0.08mg (3.9%), Phosphorus: 33.88mg (3.39%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.46mg (2.28%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.26mg (1.74%)