



 **29%**
HEALTH SCORE

Great Greek Salad

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 small cucumber seeded sliced
- 1.5 cups feta cheese crumbled
- 1 cup kalamata olives pitted sliced
- 3 cups roma tomatoes diced
- 0.3 cup sun-dried olives diced packed drained
- 0.5 onion red sliced
- 1 Tbsp rice vinegar (I had to use apple cider, but I think rice would be better)
- 0.5 tsp penzey's southwest seasoning

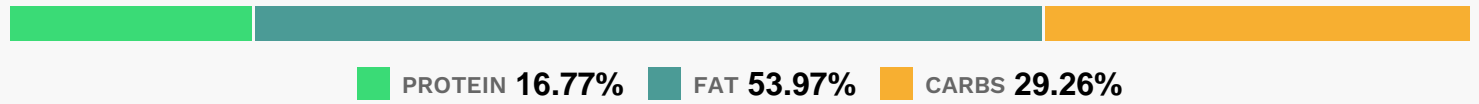
Equipment

bowl

Directions

- In a large salad bowl, toss together the cucumbers, olives, roma tomatoes, sun-dried tomatoes, 2 tablespoons reserved sun-dried tomato oil, red onion, vinegar, and seasoning.
- Chill until serving.
- Right before serving toss in the feta and stir to combine.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:4.41, Inflammation Score:-9, Nutrition Score:23.541304347826%

Flavonoids

Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Taste

Sweetness: 89.75%, Saltiness: 46.48%, Sourness: 100%, Bitterness: 28.73%, Savoriness: 34.48%, Fattiness: 44.94%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 289.83kcal (14.49%), Fat: 18.3g (28.16%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 15.8g (5.75%), Sugar: 12.18g (13.53%), Cholesterol: 50.06mg (16.69%), Sodium: 1191.95mg (51.82%), Protein: 12.79g (25.59%), Vitamin C: 36.52mg (44.26%), Vitamin A: 2109.61IU (42.19%), Vitamin K: 40.39µg (38.47%), Calcium: 369.1mg (36.91%), Vitamin B2: 0.62mg (36.58%), Potassium: 1134.23mg (32.41%), Phosphorus: 320.95mg (32.1%), Manganese: 0.61mg (30.54%), Vitamin B6: 0.57mg (28.26%), Fiber: 6.53g (26.1%), Copper: 0.47mg (23.56%), Folate: 89.11µg (22.28%), Magnesium: 83.22mg (20.8%), Vitamin B1: 0.29mg (19.24%), Zinc: 2.56mg (17.07%), Vitamin E: 2.53mg (16.88%), Vitamin B12: 0.95µg (15.84%), Vitamin B5: 1.49mg (14.92%), Iron: 2.62mg (14.56%), Selenium: 9.6µg (13.71%), Vitamin B3: 2.65mg (13.27%), Vitamin D: 0.23µg (1.5%)