



HEALTH SCORE

69%

## Greek Dinner Salad



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 19 ounce chickpeas drained and rinsed canned
- ☐ 1 tablespoon capers
- ☐ 1 cucumber peeled thinly sliced quartered
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 3 ounces feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh coarsely chopped
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon oregano dried
- ☐ 1 cup onion red thinly sliced
- ☐ 6 cups romaine lettuce shredded
- ☐ 3 cups tomatoes diced
- ☐ 6 6-inch pitas whole wheat cut into 8 wedges ()

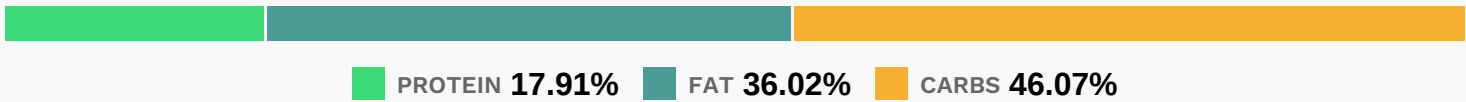
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 5 ingredients in a large bowl; stir with a whisk.
- ☐ Add lettuce and the next 6 ingredients (lettuce through chickpeas); toss well.
- ☐ Serve with pita wedges.

## Nutrition Facts



## Properties

Glycemic Index:33.22, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:22.293912954952%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

## Nutrients (% of daily need)

Calories: 180.6kcal (9.03%), Fat: 7.6g (11.69%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 14.9g (5.42%), Sugar: 4.47g (4.97%), Cholesterol: 12.62mg (4.21%), Sodium: 463.52mg (20.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin A: 5057.8IU (101.16%), Vitamin K: 102.84µg

(97.94%), Manganese: 1.01mg (50.44%), Vitamin B6: 0.65mg (32.34%), Folate: 120.19µg (30.05%), Fiber: 6.97g (27.9%), Vitamin C: 20.28mg (24.58%), Phosphorus: 174.01mg (17.4%), Potassium: 562.01mg (16.06%), Calcium: 147.44mg (14.74%), Magnesium: 53.91mg (13.48%), Copper: 0.27mg (13.44%), Iron: 2.38mg (13.21%), Vitamin B2: 0.21mg (12.13%), Vitamin B1: 0.15mg (9.79%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.72mg (7.17%), Selenium: 4.77µg (6.81%), Vitamin E: 0.95mg (6.31%), Vitamin B3: 0.99mg (4.93%), Vitamin B12: 0.24µg (3.99%)