



Greek Dressing



Vegetarian



Gluten Free

READY IN



3 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon mustard dry
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 tablespoons red wine vinegar

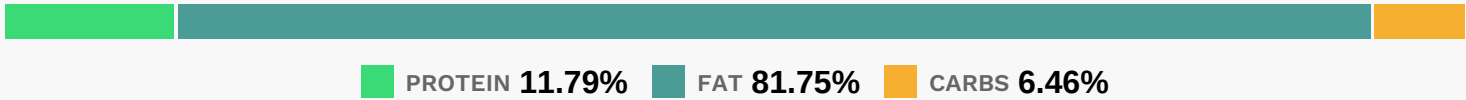
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:3.6273913020673%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 9.99g (15.36%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.03g (0.04%), Cholesterol: 18.92mg (6.31%), Sodium: 243.54mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Calcium: 112.87mg (11.29%), Vitamin B2: 0.18mg (10.81%), Phosphorus: 77.52mg (7.75%), Vitamin B12: 0.36µg (5.99%), Vitamin B6: 0.11mg (5.69%), Selenium: 3.93µg (5.62%), Vitamin E: 0.81mg (5.4%), Zinc: 0.66mg (4.39%), Manganese: 0.08mg (4.06%), Vitamin K: 3.99µg (3.8%), Vitamin B1: 0.04mg (2.56%), Vitamin A: 120.55IU (2.41%), Vitamin B5: 0.23mg (2.28%), Folate: 8.39µg (2.1%), Iron: 0.33mg (1.85%), Magnesium: 6.9mg (1.73%), Vitamin B3: 0.25mg (1.23%), Fiber: 0.27g (1.07%)