



Greek Feta Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



7

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers cut into bite-size chunks
- 1 cup natural feta cheese crumbles kraft
- 0.5 cup kalamata olives pitted
- 4 plum tomatoes cut into wedges
- 0.5 cup onions red thinly sliced
- 0.3 cup greek vinaigrette dressing kraft

Equipment

- bowl

Directions

- Combine first 4 ingredients in large bowl.
- Add dressing; toss to coat.
- Top with cheese just before serving.

Nutrition Facts

PROTEIN 10.9% **FAT 73.64%** **CARBS 15.46%**

Properties

Glycemic Index:15.29, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:7.01391305353333%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 145.45kcal (7.27%), Fat: 12.27g (18.87%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.95g (3.28%), Cholesterol: 19.07mg (6.36%), Sodium: 398.78mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin K: 21.3µg (20.28%), Calcium: 128.83mg (12.88%), Vitamin B2: 0.21mg (12.52%), Phosphorus: 102.42mg (10.24%), Vitamin C: 8.44mg (10.23%), Vitamin A: 485.39IU (9.71%), Vitamin B6: 0.18mg (8.98%), Vitamin E: 1.17mg (7.83%), Potassium: 235.51mg (6.73%), Folate: 26.63µg (6.66%), Manganese: 0.12mg (6.19%), Fiber: 1.54g (6.15%), Vitamin B12: 0.36µg (6.04%), Zinc: 0.85mg (5.64%), Vitamin B1: 0.08mg (5.33%), Copper: 0.1mg (5.23%), Selenium: 3.63µg (5.19%), Magnesium: 20.46mg (5.11%), Vitamin B5: 0.46mg (4.61%), Iron: 0.49mg (2.75%), Vitamin B3: 0.49mg (2.45%)