



Greek Feta Salad from ATHENOS

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



7

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers cut into bite-sized chunks
- 1 cup athenos feta cheese crumbled traditional
- 0.3 cup greek dressing
- 0.5 cup kalamata olives pitted
- 4 plum tomatoes cut into wedges
- 0.5 cup onions red thinly sliced

Equipment

- bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:15.29, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:6.7278260795966%

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: 97.81kcal (4.89%), Fat: 6.34g (9.75%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.96g (3.29%), Cholesterol: 19.55mg (6.52%), Sodium: 402.09mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin B2: 0.24mg (14.09%), Calcium: 139.4mg (13.94%), Phosphorus: 115.37mg (11.54%), Vitamin C: 8.44mg (10.23%), Vitamin A: 485.77IU (9.72%), Vitamin B6: 0.19mg (9.29%), Vitamin K: 9.54µg (9.08%), Vitamin B12: 0.43µg (7.15%), Potassium: 247.99mg (7.09%), Folate: 27.3µg (6.82%), Selenium: 4.39µg (6.27%), Manganese: 0.12mg (6.23%), Fiber: 1.54g (6.15%), Zinc: 0.9mg (5.98%), Vitamin B1: 0.08mg (5.47%), Magnesium: 21.51mg (5.38%), Copper: 0.11mg (5.31%), Vitamin B5: 0.49mg (4.92%), Vitamin E: 0.63mg (4.17%), Iron: 0.5mg (2.79%), Vitamin B3: 0.51mg (2.55%)