



Greek-Italian Chopped Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces genoa salami italian thinly sliced cut into strips
- ☐ 1 cup fennel bulb fresh very thinly sliced
- ☐ 1 bell pepper diced red
- ☐ 1 small garlic clove minced
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 teaspoon oregano dried
- ☐ 6 tablespoons olive oil
- ☐ 15.5 ounce garbanzo beans drained canned (chickpeas)

- ☐ 6 cups the of 1 cos lettuce chopped
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 cup onion red very thinly sliced

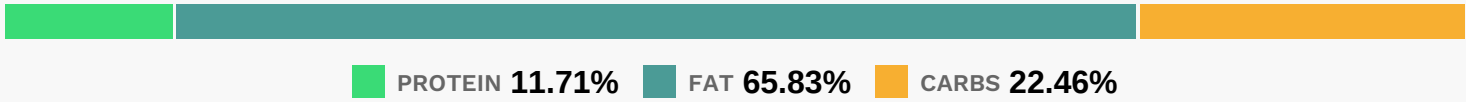
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, vinegar, oregano, and garlic in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Combine lettuce, garbanzo beans, bell pepper, red onion, fennel, feta cheese, salami, and sliced olives in large bowl.
- ☐ Pour dressing over; toss to coat. Mound salad on platter and serve.

Nutrition Facts



Properties

Glycemic Index:39.06, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:20.856956518215%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 303.75kcal (15.19%), Fat: 22.8g (35.07%), Saturated Fat: 5.26g (32.9%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 11.64g (4.23%), Sugar: 3.14g (3.49%), Cholesterol: 20.08mg (6.69%), Sodium: 680.71mg (29.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Vitamin A: 4833.27IU (96.67%), Vitamin K: 69.2µg (65.91%), Manganese: 0.8mg (39.76%), Vitamin C: 31.25mg (37.88%), Vitamin B6: 0.6mg (30.06%), Folate:

106.03µg (26.51%), Fiber: 5.87g (23.47%), Vitamin E: 2.78mg (18.54%), Phosphorus: 164.32mg (16.43%), Calcium: 136.62mg (13.66%), Vitamin B2: 0.22mg (13.22%), Vitamin B1: 0.19mg (12.95%), Potassium: 418.5mg (11.96%), Iron: 2.09mg (11.61%), Zinc: 1.56mg (10.41%), Magnesium: 40.58mg (10.15%), Copper: 0.19mg (9.44%), Selenium: 6.57µg (9.39%), Vitamin B12: 0.5µg (8.4%), Vitamin B5: 0.66mg (6.6%), Vitamin B3: 1.26mg (6.31%)