



## Greek Salad

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup calamata olives pitted
- 1 hothouse cucumber unpeeled seeded sliced
- 0.5 teaspoon dijon mustard
- 0.5 pound feta cheese diced crumbled
- 2 cloves garlic minced
- 1 pint grape tomatoes halved
- 1 teaspoon kosher salt

- 0.5 cup olive oil good
- 1 teaspoon oregano dried
- 1 large bell pepper red
- 0.5 onion red sliced in half-rounds
- 0.3 cup red wine vinegar good
- 1 large bell pepper yellow

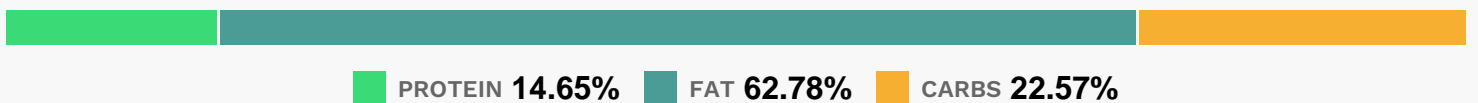
## Equipment

- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Place the cucumber, peppers, tomatoes and red onion in a large bowl.
- For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion.
- Pour the vinaigrette over the vegetables.
- Add the feta and olives and toss lightly. Set aside for 30 minutes to allow the flavors to blend.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:39.67, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:16.380000062611%

## Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg,

Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## **Nutrients (% of daily need)**

Calories: 192.58kcal (9.63%), Fat: 13.88g (21.36%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 11.23g (3.74%),  
Net Carbohydrates: 8.33g (3.03%), Sugar: 4.39g (4.88%), Cholesterol: 33.64mg (11.21%), Sodium: 1006.75mg  
(43.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin C: 105.33mg (127.67%),  
Vitamin A: 1821.61IU (36.43%), Vitamin B2: 0.38mg (22.6%), Calcium: 223.53mg (22.35%), Vitamin B6: 0.41mg  
(20.58%), Phosphorus: 178mg (17.8%), Vitamin K: 16.58µg (15.79%), Manganese: 0.28mg (13.88%), Folate: 54.52µg  
(13.63%), Vitamin E: 1.95mg (13.03%), Potassium: 434.89mg (12.43%), Fiber: 2.9g (11.6%), Vitamin B12: 0.64µg  
(10.65%), Zinc: 1.48mg (9.85%), Vitamin B1: 0.14mg (9.1%), Selenium: 6.3µg (8.99%), Magnesium: 33.05mg (8.26%),  
Copper: 0.16mg (7.9%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.72mg (7.21%), Iron: 1.13mg (6.3%), Vitamin D:  
0.15µg (1.01%)