



Greek Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 small bell pepper green chopped
- 1 cup cherry tomatoes halved
- 2 teaspoons oregano fresh finely chopped
- 6 oz feta cheese quartered
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup olives black rinsed
- 0.3 cucumber seedless chopped

0.5 small onion red sliced

Equipment

Directions

Toss together all ingredients except feta, then season with salt and pepper. Put feta on 4 serving plates and top with salad.

Nutrition Facts

 **PROTEIN 12.82%**  **FAT 74.6%**  **CARBS 12.58%**

Properties

Glycemic Index:11.5, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:6.5630435217982%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 140.63kcal (7.03%), Fat: 12g (18.47%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.47g (1.64%), Cholesterol: 25.23mg (8.41%), Sodium: 443.99mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Calcium: 161.91mg (16.19%), Vitamin B2: 0.26mg (15.14%), Vitamin C: 12.31mg (14.92%), Phosphorus: 110.8mg (11.08%), Vitamin K: 10.81µg (10.29%), Vitamin B6: 0.18mg (8.98%), Vitamin E: 1.3mg (8.67%), Vitamin B12: 0.48µg (7.99%), Selenium: 4.56µg (6.51%), Vitamin A: 318.11IU (6.36%), Zinc: 0.92mg (6.14%), Manganese: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.46%), Folate: 17.67µg (4.42%), Fiber: 1.03g (4.13%), Iron: 0.74mg (4.1%), Vitamin B5: 0.37mg (3.66%), Potassium: 127.58mg (3.65%), Magnesium: 13.5mg (3.38%), Copper: 0.05mg (2.7%), Vitamin B3: 0.52mg (2.58%)