



Greek Salad

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 european cucumber seedless cut into bite-size chunks
- ☐ 0.5 pound imported greek feta
- ☐ 0.5 cup several sprigs flat-leaf parsley fresh
- ☐ 1 small bell pepper green seeded
- ☐ 1 cup kalamata olives black
- ☐ 0.3 cup olive oil extra-virgin (a couple of glugs)
- ☐ 1 teaspoon oregano dried crushed

- ☐ 1 cubanelle pepper seeded
- ☐ 4 servings pita breads
- ☐ 1 small bell pepper red seeded
- ☐ 1 onion red thinly sliced
- ☐ 3 vine tomatoes ripe cut into chunks
- ☐ 3 tablespoons red wine vinegar (3 1 tablespoones)

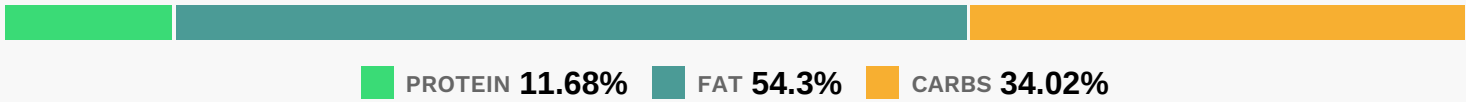
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine vegetables, olives, and parsley in a large bowl. Rest sliced feta on the top of salad.
- ☐ Combine oil, vinegar, and oregano in a small plastic container with a lid. Shake vigorously to combine oil and vinegar and pour over salad and cheese. Season with salt and pepper and let the salad marinate until ready to serve.
- ☐ Serve salad with pita bread blistered and warmed on a hot griddle or grill pan.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:31.53, Inflammation Score:-10, Nutrition Score:26.342608607334%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 520.43kcal (26.02%), Fat: 31.95g (49.15%), Saturated Fat: 10.27g (64.2%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 39.76g (14.46%), Sugar: 5.71g (6.34%), Cholesterol: 50.46mg (16.82%), Sodium: 1680.07mg (73.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.93%), Vitamin K: 151.55µg (144.34%), Vitamin C: 64.32mg (77.96%), Vitamin A: 2468.27IU (49.37%), Calcium: 389.2mg (38.92%), Vitamin B2: 0.6mg (35.5%), Phosphorus: 300.36mg (30.04%), Vitamin E: 4.36mg (29.03%), Manganese: 0.54mg (27.07%), Vitamin B6: 0.5mg (24.95%), Vitamin B1: 0.33mg (21.91%), Fiber: 5.27g (21.08%), Folate: 77.23µg (19.31%), Zinc: 2.56mg (17.09%), Vitamin B12: 0.96µg (15.97%), Potassium: 554.26mg (15.84%), Iron: 2.65mg (14.72%), Vitamin B3: 2.85mg (14.25%), Magnesium: 56.44mg (14.11%), Copper: 0.26mg (13.21%), Selenium: 9.11µg (13.01%), Vitamin B5: 1.1mg (11.03%), Vitamin D: 0.23µg (1.51%)