



Greek Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cucumbers english peeled sliced into 1/4-inch disks
- ☐ 1 cup feta cheese cubed
- ☐ 1 large clove garlic quartered
- ☐ 6 cups mesclun greens mixed dried
- ☐ 1 cup kalamata olives pitted
- ☐ 0.8 cup olive oil

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon salt

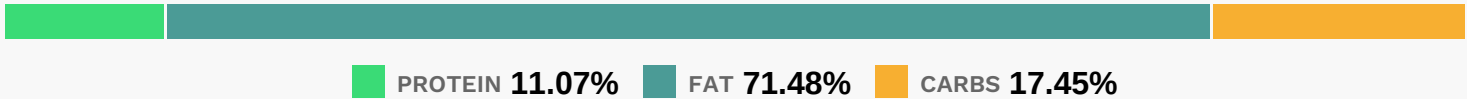
Equipment

- ☐ blender

Directions

- ☐ Add the vinegar to a blender, replace the lid, turn it on, and through the feed tube add, 1 at a time, the garlic, crushed red pepper, salt, and black pepper. Leaving the blender running, add the olive oil in a slow thin stream. Set aside until needed.
- ☐ Toss the greens, olives and cucumbers together with enough dressing to coat. Fold in the feta cheese.
- ☐ Serve additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:6.3791304567586%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 130.34kcal (6.52%), Fat: 10.78g (16.58%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.95g (2.17%), Cholesterol: 16.69mg (5.56%), Sodium: 633.74mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin K: 15.44µg (14.7%), Calcium: 119.35mg (11.93%), Vitamin B2: 0.2mg (11.78%), Vitamin A: 583.73IU (11.67%), Vitamin C: 9.18mg (11.12%), Phosphorus: 95.13mg (9.51%), Vitamin E: 1.31mg (8.71%), Vitamin B6: 0.14mg (7.24%), Manganese: 0.13mg (6.28%), Folate: 22.89µg (5.72%), Potassium: 188.25mg (5.38%), Vitamin B12: 0.32µg (5.28%), Zinc: 0.77mg (5.14%), Selenium: 3.38µg (4.82%), Magnesium: 19.19mg (4.8%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.06mg (4.17%), Fiber: 0.97g (3.88%), Copper: 0.08mg (3.77%), Iron: 0.68mg (3.76%), Vitamin B3: 0.47mg (2.37%)