



Greek Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup vegetable oil
- 2 tablespoons juice of lemon
- 0.5 teaspoon sugar
- 1.5 teaspoons dijon mustard
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 5 cups pkt spinach
- 4 cups boston lettuce

- 4 oz feta cheese crumbled (1 cup)
- 0.3 cup spring onion sliced
- 24 olives pitted ripe
- 3 medium tomatoes cut into wedges
- 1 medium cucumber sliced

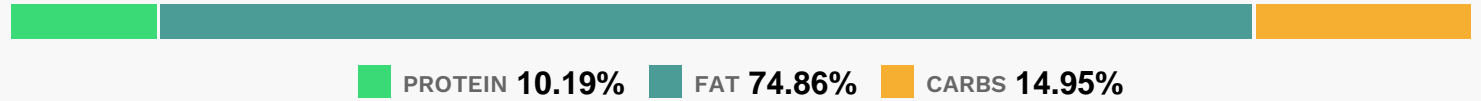
Equipment

- bowl

Directions

- In tightly covered container, shake all dressing ingredients.
- In large bowl, toss salad ingredients and dressing.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:14.266956500385%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 137.5kcal (6.88%), Fat: 12.01g (18.47%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.37g (2.63%), Cholesterol: 12.62mg (4.21%), Sodium: 451.19mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin K: 141.08µg (134.36%), Vitamin A: 3127.69IU (62.55%), Vitamin C: 15.36mg (18.62%), Folate: 72.78µg (18.19%), Manganese: 0.3mg (15.07%), Vitamin E: 1.75mg (11.66%), Calcium: 114.82mg (11.48%), Vitamin B2: 0.19mg (11.19%), Potassium: 335.77mg (9.59%), Vitamin B6: 0.17mg (8.75%), Phosphorus: 84.55mg (8.46%), Magnesium: 31.52mg (7.88%), Fiber: 1.95g (7.81%), Iron: 1.22mg

(6.77%), Vitamin B1: 0.08mg (5.5%), Copper: 0.1mg (4.84%), Zinc: 0.7mg (4.69%), Selenium: 2.94µg (4.2%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.3mg (3.01%)