



 **33%**
HEALTH SCORE

Greek Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cucumber diced peeled seeded (from 1 large)
- 2 ounces feta cheese crumbled
- 0.3 cup kalamata olives black pitted halved
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.5 teaspoon oregano dried
- 3 tablespoons parsley fresh italian chopped
- 1 cup bell pepper diced red (from 1 large)
- 0.3 cup onion diced red

- 1.5 tablespoons red wine vinegar
- 2 cups tomatoes diced seeded

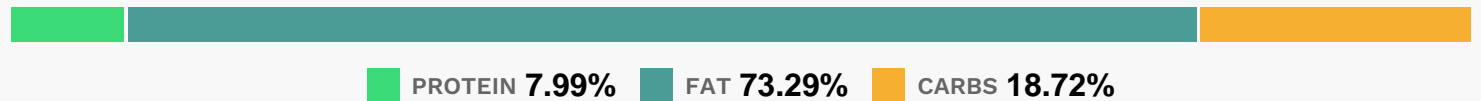
Equipment

- bowl

Directions

- Toss first 9 ingredients in medium bowl to blend. Gently mix in cheese. Season with salt and pepper. (Can be made 2 hours ahead.)
- Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:15.128260897553%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 180.5kcal (9.03%), Fat: 15.25g (23.46%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.95g (5.5%), Cholesterol: 12.62mg (4.21%), Sodium: 302.56mg (13.15%), Alcohol: 0g (100%), Protein: 3.74g (7.48%), Vitamin C: 64.78mg (78.52%), Vitamin K: 69.99µg (66.65%), Vitamin A: 2184.91IU (43.7%), Vitamin E: 2.94mg (19.6%), Vitamin B6: 0.28mg (14.1%), Folate: 49.46µg (12.37%), Potassium: 394.6mg (11.27%), Fiber: 2.8g (11.18%), Vitamin B2: 0.19mg (11.15%), Manganese: 0.21mg (10.6%), Calcium: 104.51mg (10.45%), Phosphorus: 95.1mg (9.51%), Magnesium: 27.67mg (6.92%), Vitamin B1: 0.1mg (6.63%), Copper: 0.12mg (6.13%), Iron: 1.02mg (5.69%), Zinc: 0.8mg (5.35%), Vitamin B3: 1.05mg (5.27%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.37µg (3.39%)