



Greek Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cucumber peeled sliced
- ☐ 1.5 cups feta cheese crumbled
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon mint leaves chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 6 ounces olives pitted
- ☐ 2 tablespoons oregano chopped
- ☐ 3 tablespoons red wine vinegar

- ☐ 4 baby greens
- ☐ 12 servings salt and pepper freshly ground
- ☐ 6 medium tomatoes cored cut into wedges

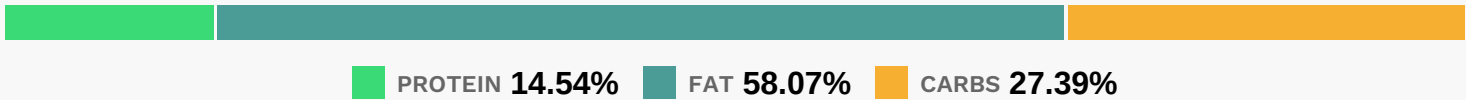
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together the olive oil, vinegar, lemon juice, oregano and mint. Season with salt and pepper. In a large bowl, combine the romaine, tomatoes, cucumbers, cheese and olives. Toss the salad with the dressing and serve at once.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:15.287826123445%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 125.66kcal (6.28%), Fat: 8.52g (13.11%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.34g (4.82%), Cholesterol: 16.69mg (5.56%), Sodium: 638.47mg (27.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin A: 4067.99IU (81.36%), Vitamin K: 61.07µg (58.16%), Folate: 91.08µg (22.77%), Vitamin C: 16.35mg (19.82%), Calcium: 154.3mg (15.43%), Manganese: 0.29mg (14.62%), Vitamin B2: 0.24mg (14.1%), Fiber: 3.45g (13.78%), Potassium: 478.62mg (13.67%), Vitamin B6: 0.25mg (12.42%), Phosphorus: 123.45mg (12.35%), Copper: 0.19mg (9.58%), Magnesium: 38.12mg (9.53%), Vitamin E: 1.42mg (9.45%), Vitamin B1: 0.13mg (8.73%), Iron: 1.41mg (7.85%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.67mg (6.67%),

Vitamin B12: 0.32µg (5.28%), Selenium: 3.28µg (4.69%), Vitamin B3: 0.81mg (4.04%)