



Greek Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz european cucumber peeled sliced
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup kalamata olives drained
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 1 small onion red sliced in rings
- ☐ 1 tablespoon red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 6 small tomatoes ripe cut into wedges

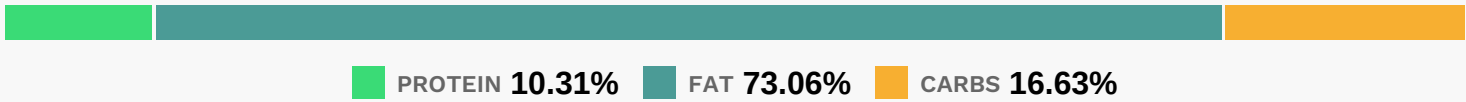
Equipment

- ☐ bowl

Directions

- ☐ In a medium salad bowl, toss together tomato, cucumber, onion, oil and vinegar.
- ☐ Sprinkle with parsley, salt and pepper. Toss again.
- ☐ Transfer to bowls and top with olives and feta.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:2.55, Inflammation Score:-8, Nutrition Score:15.688695534416%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 286.95kcal (14.35%), Fat: 24.16g (37.17%), Saturated Fat: 7.18g (44.91%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.93g (6.59%), Cholesterol: 33.38mg (11.13%), Sodium: 1110.34mg (48.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin K: 56.47µg (53.78%), Vitamin A: 1648.68IU (32.97%), Vitamin C: 25.68mg (31.13%), Vitamin E: 3.65mg (24.3%), Calcium: 236.06mg (23.61%), Vitamin B2: 0.37mg (21.89%), Phosphorus: 185mg (18.5%), Vitamin B6: 0.35mg (17.5%), Fiber: 3.81g (15.25%), Potassium: 511.81mg (14.62%), Manganese: 0.27mg (13.73%), Folate: 51.7µg (12.92%), Vitamin B12: 0.63µg (10.56%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.52mg (10.11%), Copper: 0.2mg (9.96%), Magnesium: 38.47mg (9.62%), Selenium: 6.15µg (8.78%), Vitamin B5: 0.71mg (7.06%), Vitamin B3: 1.35mg (6.74%), Iron: 1.2mg (6.69%)