



Greek Salad Bites

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



10

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces feta cheese crumbled
- 0.5 cup cream sour
- 0.3 cup parsley fresh snipped
- 2 tablespoons sun-dried olives packed in oil, drained and chopped
- 2 garlic clove minced
- 0.5 teaspoon pepper black
- 1 cucumber
- 0.3 cup basil fresh shredded finely

- 0.3 cup basil fresh shredded finely
- 0.3 cup kalamata olives pitted chopped

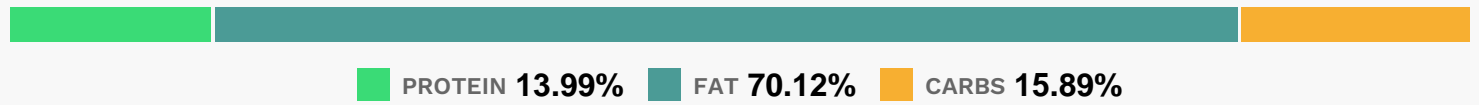
Equipment

- bowl
- knife

Directions

- In a small bowl stir together feta cheese, sour cream, parsley, dried tomatoes, garlic, and pepper. Cover and chill for 2 to 24 hours. (Cook time reflects refrigeration time).
- Using a sharp knife, trim the ends from cucumber; discard ends. Horizontally slice the cucumbers into slices. Spoon 1-1/2 teaspoons cheese mixture onto each cucumber slice. Arrange cucumber slices on a serving platter.
- In a small bowl combine basil and olives. Spoon some of the mixture onto each cucumber slice.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:4.6795651679454%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65.86kcal (3.29%), Fat: 5.29g (8.14%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.22g (1.36%), Cholesterol: 16.88mg (5.63%), Sodium: 188.17mg (8.18%), Alcohol: 0g (100%), Protein: 2.37g (4.75%), Vitamin K: 32.77µg (31.21%), Calcium: 80.3mg (8.03%), Vitamin B2: 0.13mg (7.7%), Vitamin A: 353.36IU (7.07%), Phosphorus: 59.57mg (5.96%), Vitamin C: 3.85mg (4.67%), Manganese: 0.08mg (4.19%), Vitamin B6: 0.08mg (4.17%), Vitamin B12: 0.22µg (3.6%), Selenium: 2.34µg (3.34%), Potassium: 113.51mg (3.24%), Zinc: 0.47mg (3.14%), Folate: 12.43µg (3.11%), Magnesium: 11.05mg (2.76%), Copper:

0.06mg (2.76%), Vitamin B5: 0.26mg (2.55%), Vitamin B1: 0.04mg (2.54%), Iron: 0.41mg (2.26%), Fiber: 0.55g (2.2%), Vitamin E: 0.22mg (1.49%), Vitamin B3: 0.27mg (1.34%)