



 **60%**  
HEALTH SCORE

## Greek Salad Bowl

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**12 min.**

SERVINGS



**6**

CALORIES



**284 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounce artichoke hearts drained quartered canned (such as Vigo)
- 0.8 pound chicken breast cooked chopped
- 1 cup grape tomatoes halved
- 14 ounce hearts of palm drained sliced canned (such as Vigo)
- 0.5 cup kalamata olives pitted halved
- 0.5 cup onion red thinly sliced
- 8 cups torn romaine lettuce
- 0.3 cup greek vinaigrette light with oregano and feta cheese (such as good seasons)

# Equipment

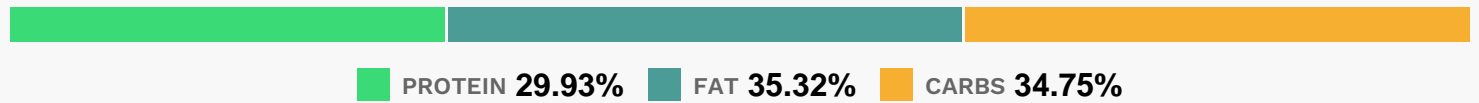
bowl

# Directions

Combine all ingredients in a large bowl; toss well to coat.

Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:10.83, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:23.913043556006%

# Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

# Nutrients (% of daily need)

Calories: 284.02kcal (14.2%), Fat: 11.09g (17.06%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 20.32g (7.39%), Sugar: 14.23g (15.81%), Cholesterol: 48.19mg (16.06%), Sodium: 477.89mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Vitamin A: 5766.5IU (115.33%), Vitamin K: 80.3µg (76.47%), Vitamin B6: 0.96mg (48.09%), Potassium: 1578.74mg (45.11%), Vitamin B3: 8.76mg (43.78%), Folate: 109.97µg (27.49%), Copper: 0.52mg (25.86%), Phosphorus: 250.96mg (25.1%), Selenium: 16.75µg (23.93%), Zinc: 3.25mg (21.65%), Fiber: 4.22g (16.89%), Vitamin C: 12.19mg (14.77%), Vitamin B2: 0.23mg (13.81%), Iron: 2.47mg (13.7%), Vitamin E: 1.77mg (11.81%), Magnesium: 37.13mg (9.28%), Vitamin B1: 0.14mg (9.04%), Manganese: 0.15mg (7.61%), Vitamin B5: 0.68mg (6.77%), Calcium: 52.49mg (5.25%), Vitamin B12: 0.19µg (3.21%)