

Greek Salad Bowl

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup cucumber sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 garlic clove crushed
- ☐ 12 kalamata olives pitted
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lemon pepper seasoning

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 large tomatoes cut into thin wedges

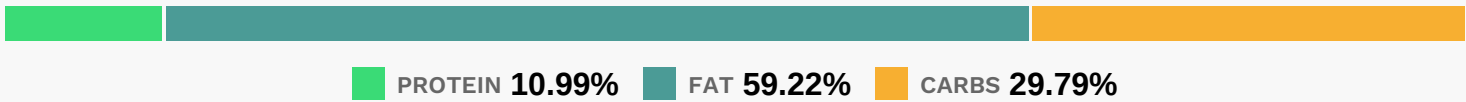
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine lemon juice and next 4 ingredients in a small bowl; stir with a whisk until blended.
- ☐ Pour over vegetable mixture; toss to coat.
- ☐ Sprinkle with pepper.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:4.0008695371773%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 82.54kcal (4.13%), Fat: 5.5g (8.46%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.01g (2.23%), Cholesterol: 7.42mg (2.47%), Sodium: 466.36mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin C: 10.27mg (12.45%), Fiber: 1.99g (7.97%), Vitamin A: 340.4IU (6.81%), Vitamin K: 7.14µg (6.8%), Vitamin E: 0.88mg (5.87%), Calcium: 56.96mg (5.7%), Manganese: 0.11mg (5.27%), Vitamin B2: 0.09mg (5.07%), Vitamin B6: 0.09mg (4.42%), Phosphorus: 42.86mg

(4.29%), Potassium: 132.2mg (3.78%), Folate: 13.73µg (3.43%), Copper: 0.05mg (2.71%), Magnesium: 10.3mg (2.58%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.14µg (2.35%), Selenium: 1.45µg (2.07%), Iron: 0.34mg (1.91%), Vitamin B5: 0.19mg (1.89%), Vitamin B3: 0.32mg (1.58%)