



Greek Salad by Filippo Berio®



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 medium cucumber thinly sliced
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.5 cup olive oil extra virgin filippo berio®
- ☐ 1 clove garlic cut in half
- ☐ 1 bell pepper green seeded thinly sliced
- ☐ 10 olives ripe cut in half
- ☐ 0.5 teaspoon oregano leaves dried

- ☐ 8 radishes
- ☐ 1 onion red divided thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 cups salad greens mixed dried rinsed cut into 2-inch pieces
- ☐ 1 medium tomatoes ripe cut into wedges

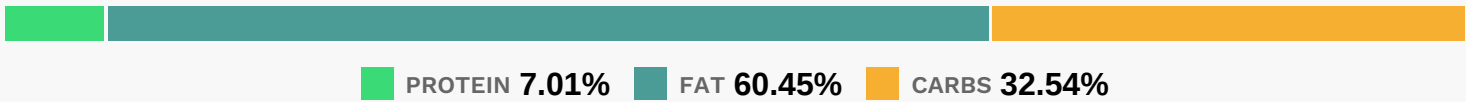
Equipment

- ☐ bowl

Directions

- ☐ Rub a large salad bowl with the cut garlic clove.
- ☐ Place romaine, radishes, olives, onion, green pepper, cucumber, and tomato in bowl.
- ☐ Add black pepper, dill, oregano, and vinegar. Toss.
- ☐ Add olive oil and toss again.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:8.1747825923173%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 102.11kcal (5.11%), Fat: 7.21g (11.09%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.42g (2.33%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 175.11mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin C: 42.55mg (51.57%), Vitamin A: 905.87IU (18.12%), Vitamin K: 13.63µg (12.98%), Manganese: 0.25mg (12.74%), Vitamin B6: 0.2mg (10.2%), Vitamin E: 1.5mg (10.02%),

Potassium: 337.94mg (9.66%), Folate: 37.58µg (9.4%), Fiber: 2.31g (9.26%), Copper: 0.13mg (6.34%), Magnesium: 23.1mg (5.77%), Phosphorus: 52.11mg (5.21%), Iron: 0.89mg (4.96%), Vitamin B1: 0.07mg (4.93%), Calcium: 39.33mg (3.93%), Vitamin B2: 0.06mg (3.56%), Vitamin B3: 0.66mg (3.3%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.35mg (2.37%)