



Greek Salad I



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce olives black pitted canned
- ☐ 1 cucumber sliced
- ☐ 1 cup feta cheese crumbled
- ☐ 1 bell pepper green chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 1 juice of lemon juiced
- ☐ 6 tablespoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1 bell pepper red chopped
- ☐ 1 onion red thinly sliced
- ☐ 1 head romaine lettuce dried rinsed chopped
- ☐ 2 large tomatoes chopped

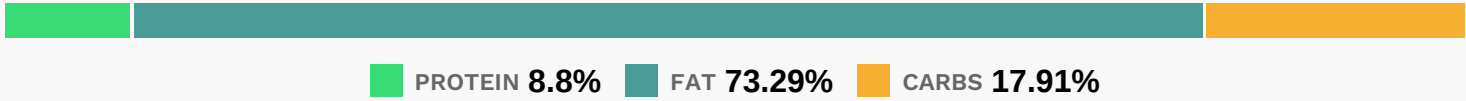
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large salad bowl, combine the Romaine, onion, olives, bell peppers, tomatoes, cucumber and cheese.
- ☐ Whisk together the olive oil, oregano, lemon juice and black pepper.
- ☐ Pour dressing over salad, toss and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:24.253912985325%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 284.46kcal (14.22%), Fat: 24.37g (37.49%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 7.95g (2.89%), Sugar: 5.91g (6.56%), Cholesterol: 22.25mg (7.42%), Sodium: 742.19mg (32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin A: 10546.95IU (210.94%),

Vitamin K: 129.36µg (123.2%), Vitamin C: 58.72mg (71.17%), Folate: 183.24µg (45.81%), Vitamin E: 4.08mg (27.19%), Fiber: 5.45g (21.81%), Calcium: 199.28mg (19.93%), Vitamin B2: 0.34mg (19.82%), Vitamin B6: 0.4mg (19.81%), Manganese: 0.37mg (18.72%), Potassium: 611.03mg (17.46%), Phosphorus: 157.24mg (15.72%), Vitamin B1: 0.19mg (12.66%), Iron: 1.99mg (11.07%), Magnesium: 42.72mg (10.68%), Copper: 0.19mg (9.56%), Zinc: 1.28mg (8.52%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.69mg (6.86%), Vitamin B3: 1.35mg (6.76%), Selenium: 4.61µg (6.58%)