

## Greek Salad III

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup olives black sliced
- 1 small cucumber english chopped
- 2 ounces tomato basil feta cheese crumbled
- 1 clove garlic minced
- 1 bell pepper green sliced
- 1 teaspoon juice of lemon
- 0.3 cup olive oil
- 1 small onion chopped

- 0.5 teaspoon oregano dried
- 1 teaspoon red wine vinegar
- 3 roma tomatoes chopped (plum)
- 4 servings salt and pepper to taste

## Equipment

- bowl
- whisk

## Directions

- In a salad bowl, combine the tomatoes, bell pepper, cucumber, onion and olives.
- Whisk together the oil, vinegar, lemon juice, garlic, oregano, salt and pepper.
- Let sit for 1 hour, occasionally stirring to blend flavors.
- Pour dressing over salad, add feta cheese and toss before serving.

## Nutrition Facts

■ PROTEIN **6.62%** ■ FAT **76.59%** ■ CARBS **16.79%**

## Properties

Glycemic Index:34.25, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:9.4447825421458%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

## Nutrients (% of daily need)

Calories: 204kcal (10.2%), Fat: 18.1g (27.85%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.03g (4.47%), Cholesterol: 12.62mg (4.21%), Sodium: 493mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin C: 34.41mg (41.71%), Vitamin K: 28.31µg

(26.96%), Vitamin E: 2.73mg (18.18%), Vitamin A: 673.89IU (13.48%), Vitamin B6: 0.23mg (11.5%), Calcium: 103.67mg (10.37%), Manganese: 0.2mg (10.07%), Vitamin B2: 0.17mg (9.95%), Potassium: 318.51mg (9.1%), Phosphorus: 90.01mg (9%), Fiber: 2.14g (8.56%), Magnesium: 24.2mg (6.05%), Folate: 24.18µg (6.04%), Vitamin B1: 0.09mg (5.89%), Copper: 0.1mg (5.18%), Zinc: 0.73mg (4.84%), Iron: 0.8mg (4.42%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.63µg (3.76%), Vitamin B3: 0.69mg (3.46%)