



Greek Salad on Roasted Garlic French Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound butter softened
- ☐ 0.5 pint cherry tomatoes cut in half
- ☐ 1 cup cucumber
- ☐ 0.8 cup feta cheese crumbled for topping
- ☐ 1 loaf bread french
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 small pepper green chopped

- ☐ 0.8 cup kalamata olives pitted sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 2 cups greek yogurt plain
- ☐ 1 medium onion red chopped thin
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 ounce roasted garlic potatoes mashed flavored idahoan®
- ☐ 4 servings salt and pepper to taste

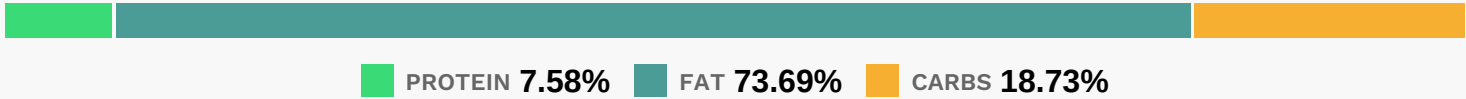
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ broiler

Directions

- ☐ Mix the dry package of Idahoan Roasted Garlic Potatoes with the butter until blended. Slice the French bread length wise and generously spread with the roasted garlic mixture. Toast under the broiler until butter spread is melted and toasted on top. (You can also grill the Garlic Bread--see footnote.)
- ☐ Drain onion from ice water and pat dry with paper towels. In a large bowl combine all salad ingredients, except cheese. Top the French bread with the Greek salad and sprinkle cheese over top.
- ☐ Serve with Tzatziki sauce.
- ☐ Tzatziki Sauce: In a medium bowl, combine Greek yogurt, cucumber, lemon juice, garlic, and dill. Stir until well combined. Taste and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:43.24, Inflammation Score:-10, Nutrition Score:34.812608926193%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 1508.2kcal (75.41%), Fat: 125.99g (193.84%), Saturated Fat: 66.13g (413.31%), Carbohydrates: 72.04g (24.01%), Net Carbohydrates: 67.39g (24.51%), Sugar: 10.96g (12.18%), Cholesterol: 273.84mg (91.28%), Sodium: 2290.41mg (99.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Selenium: 48.66µg (69.51%), Vitamin A: 3456.18IU (69.12%), Vitamin B2: 1.05mg (61.57%), Vitamin B1: 0.89mg (59.34%), Manganese: 1.15mg (57.73%), Vitamin C: 41.83mg (50.7%), Vitamin E: 7.33mg (48.9%), Phosphorus: 437.95mg (43.8%), Calcium: 410.64mg (41.06%), Folate: 160.05µg (40.01%), Vitamin B6: 0.78mg (39.03%), Iron: 5.51mg (30.61%), Vitamin B3: 6.05mg (30.26%), Vitamin K: 28.07µg (26.73%), Vitamin B12: 1.37µg (22.8%), Zinc: 3.01mg (20.06%), Copper: 0.38mg (19.03%), Fiber: 4.65g (18.6%), Potassium: 650.43mg (18.58%), Magnesium: 72.79mg (18.2%), Vitamin B5: 1.43mg (14.3%)