



Greek Salad, The Best!

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup olives black
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 1 large cucumber cut into matchsticks
- ☐ 1.5 teaspoons basil dried
- ☐ 0.5 pound feta cheese crumbled
- ☐ 2 tablespoons garlic finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup olive oil

- ☐ 2 tablespoons oregano dried to taste
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 onion red sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 heads romaine lettuce chopped
- ☐ 1 teaspoon salt to taste
- ☐ 2 large tomatoes cut into wedges

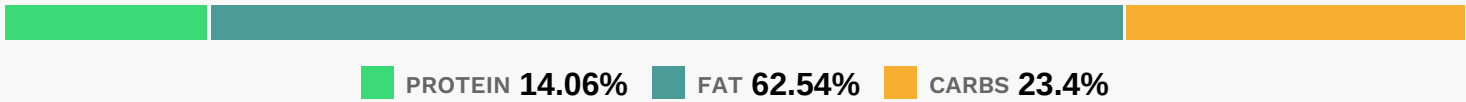
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Blend olive oil, vinegar, Parmesan cheese, lemon juice, garlic, oregano, basil, salt, and black pepper together in a food processor until smooth.
- ☐ Combine romaine lettuce, tomatoes, cucumber, red onion, black olives, and feta cheese together in large bowl.
- ☐ Drizzle dressing over vegetable mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:23.224347915338%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 208.59kcal (10.43%), Fat: 15.32g (23.56%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 12.89g (4.3%),
Net Carbohydrates: 7.34g (2.67%), Sugar: 4.39g (4.87%), Cholesterol: 26.86mg (8.95%), Sodium: 927.39mg
(40.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Vitamin A: 14261.42IU (285.23%),
Vitamin K: 181.79µg (173.14%), Folate: 241.24µg (60.31%), Calcium: 258.39mg (25.84%), Manganese: 0.48mg (23.9%),
Vitamin B2: 0.38mg (22.63%), Fiber: 5.55g (22.19%), Vitamin C: 16.76mg (20.32%), Phosphorus: 183.64mg (18.36%),
Potassium: 626.38mg (17.9%), Vitamin B6: 0.36mg (17.79%), Iron: 2.76mg (15.31%), Vitamin E: 2.2mg (14.67%),
Vitamin B1: 0.2mg (13.45%), Magnesium: 46.23mg (11.56%), Zinc: 1.5mg (10%), Copper: 0.18mg (9.14%), Selenium:
6.15µg (8.78%), Vitamin B12: 0.5µg (8.41%), Vitamin B5: 0.68mg (6.79%), Vitamin B3: 1.2mg (5.99%)