



Greek Salad V

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber diced english
- 1 cup feta cheese crumbled
- 0.5 cup bell pepper green thinly sliced
- 0.5 cup kalamata olives whole pitted
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil
- 2 tablespoons oregano dried
- 0.5 cup onion red thinly sliced

- 5 servings salt and pepper to taste
- 2 large tomatoes cut into 8 wedges

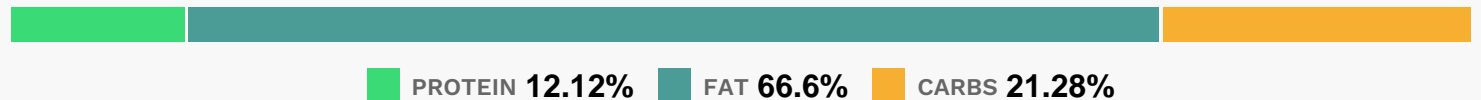
Equipment

- bowl

Directions

- In a medium bowl, layer cucumbers, tomatoes, onion, bell pepper, kalamata olives, and feta cheese.
- Sprinkle with oregano, then drizzle with lemon juice and olive oil. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:11.912608657194%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 185.8kcal (9.29%), Fat: 14.46g (22.24%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.16g (4.62%), Cholesterol: 26.7mg (8.9%), Sodium: 752.95mg (32.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 33.29µg (31.71%), Vitamin C: 25.64mg (31.08%), Calcium: 209.21mg (20.92%), Vitamin A: 938.67IU (18.77%), Vitamin B2: 0.31mg (18.07%), Vitamin E: 2.21mg (14.75%), Phosphorus: 144.25mg (14.43%), Vitamin B6: 0.29mg (14.4%), Manganese: 0.28mg (13.91%), Fiber: 3g (12%), Potassium: 361.8mg (10.34%), Folate: 34.79µg (8.7%), Vitamin B12: 0.51µg (8.45%), Iron: 1.48mg (8.23%), Zinc: 1.22mg (8.1%), Magnesium: 31.61mg (7.9%), Vitamin B1: 0.11mg (7.47%), Selenium: 4.97µg (7.11%), Copper: 0.12mg (6.13%), Vitamin B5: 0.57mg (5.69%), Vitamin B3: 1.01mg (5.03%)