



HEALTH SCORE

81%

Greek Salad with Feta and Olives



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups bell pepper rings green thinly sliced
- ☐ 1.5 cups bell pepper rings red thinly sliced
- ☐ 4 cups torn escarole
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 10 servings oregano vinaigrette
- ☐ 0.5 cup radishes thinly sliced
- ☐ 1.5 cups onion red separated thinly sliced

- ☐ 8 cups torn romaine lettuce
- ☐ 2 medium tomatoes cut into 8 wedges

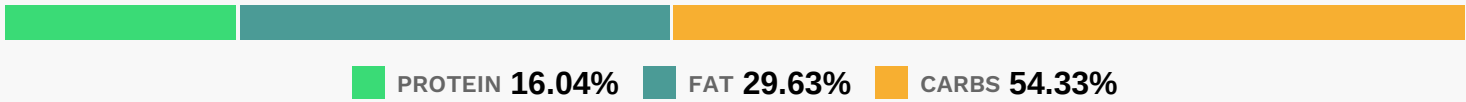
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Pour vinaigrette over salad; toss well.
- ☐ Sprinkle cheese over salad.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:17.465217493151%

Flavonoids

Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 57.6kcal (2.88%), Fat: 2.12g (3.25%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.8g (4.23%), Cholesterol: 5.05mg (1.68%), Sodium: 130.96mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin A: 4750.84IU (95.02%), Vitamin K: 95.97µg (91.4%), Vitamin C: 55.41mg (67.16%), Folate: 106.04µg (26.51%), Manganese: 0.31mg (15.45%), Fiber: 3.59g (14.37%), Vitamin B6: 0.24mg (11.75%), Potassium: 366.33mg (10.47%), Calcium: 81.72mg (8.17%), Vitamin B2: 0.13mg (7.78%), Iron: 1.26mg (7%), Vitamin E: 1.03mg (6.88%), Vitamin B1: 0.1mg (6.66%), Phosphorus: 61.91mg (6.19%), Magnesium: 23.02mg (5.75%), Copper: 0.1mg (4.77%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.62mg (4.13%), Vitamin B3: 0.82mg (4.12%), Selenium: 1.29µg (1.85%), Vitamin B12: 0.1µg (1.6%)