



Greek Salad with Pepperoni

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cucumber english halved lengthwise cut into thin slices
- 1.5 cups feta crumbled
- 1 bell pepper green cut into 1/2-inch pieces
- 0.3 teaspoon fresh-ground pepper black
- 0.8 cup kalamata olives pitted
- 0.3 cup juice of lemon (from 1 lemon)
- 0.5 cup olive oil
- 1 teaspoon oregano dried

- 0.3 pound thin- pepperoni cut in half
- 1 onion red cut into thin slices
- 1 large head romaine lettuce cut into bite-size pieces (1 1/2 quarts)
- 0.8 teaspoon salt
- 3 tomatoes cut into wedges

Equipment

- bowl
- frying pan
- whisk

Directions

- In a large frying pan, cook the pepperoni over moderate heat, stirring occasionally, until lightly browned, about 3 minutes.
- Drain.
- In a large glass or stainless-steel bowl, whisk the lemon juice, oregano, salt, and black pepper.
- Add the oil slowly, whisking.
- Add the lettuce, cucumber, tomatoes, onion, bell pepper, olives, cheese, and pepperoni and toss to coat.
- Test-Kitchen Tip: Using an English, or hothouse, cucumber--the long and skinny kind sold in shrink-wrap--eliminates the need for peeling and seeding. You can substitute two regular cucumbers for the one English cucumber here, but they should be peeled, halved lengthwise, seeded, and sliced. Likewise, you can replace the seeded cucumbers in any of our recipes with English.
- Wine Recommendation: Usually salads call for white wines, the crisper and fruitier the better, but the pepperoni here points toward a red. Italy's Bardolino or Valpolicella will work well.

Nutrition Facts



PROTEIN 14.96% **FAT 67.7%** **CARBS 17.34%**

Properties

Glycemic Index:41.75, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:33.346521709276%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 452.79kcal (22.64%), Fat: 35.37g (54.41%), Saturated Fat: 13.92g (86.98%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 13.51g (4.91%), Sugar: 7.96g (8.85%), Cholesterol: 77.56mg (25.85%), Sodium: 1941.11mg (84.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.17%), Vitamin A: 14935.92IU (298.72%), Vitamin K: 191.89µg (182.75%), Folate: 264.56µg (66.14%), Vitamin C: 52.87mg (64.08%), Vitamin B2: 0.72mg (42.2%), Calcium: 387.81mg (38.78%), Manganese: 0.71mg (35.35%), Vitamin B6: 0.68mg (34.04%), Phosphorus: 338.54mg (33.85%), Fiber: 6.87g (27.47%), Potassium: 954.65mg (27.28%), Selenium: 17.92µg (25.6%), Vitamin B1: 0.37mg (24.67%), Vitamin B12: 1.32µg (21.99%), Zinc: 3.1mg (20.65%), Vitamin E: 3.09mg (20.6%), Iron: 3.24mg (18.03%), Magnesium: 68.6mg (17.15%), Vitamin B3: 3.36mg (16.78%), Vitamin B5: 1.47mg (14.73%), Copper: 0.27mg (13.62%), Vitamin D: 0.59µg (3.96%)