



Greek Salad With Pomegranate Cooler

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 0.5 ounce bread baguette french toasted
- 15.5 ounce chickpeas drained and rinsed canned (garbanzo beans)
- 1 teaspoon capers drained chopped
- 1.5 cups cucumber peeled halved lengthwise thinly sliced
- 2 ounces feta cheese crumbled
- 1.8 cups bell pepper green cut into 1/4-inch strips
- 4 hard-cooked eggs quartered

- 5 kalamata olives pitted chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon olive oil extra-virgin
- 4 slices cranberry-orange relish
- 1 teaspoon oregano or dried fresh chopped
- 1 cup plum tomatoes halved lengthwise thinly sliced
- 2 cups pomegranate juice
- 1 cup onion red thinly sliced
- 2 tablespoons red wine vinegar
- 4 cups torn romaine lettuce
- 0.1 teaspoon salt
- 2 cups seltzer water chilled

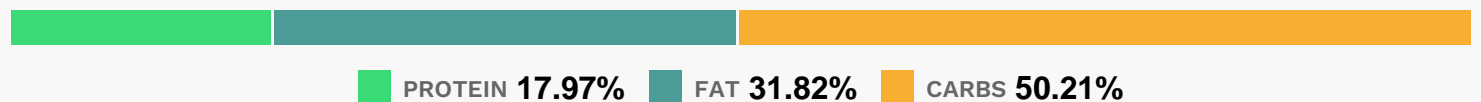
Equipment

- bowl
- whisk

Directions

- Combine the first 7 ingredients (through salt) in a small bowl; add olive oil, whisking until combined. Set dressing aside.
- Place the lettuce and next 5 ingredients (through chickpeas) in a large bowl; drizzle the salad with dressing and toss. Top with cheese and 4 egg wedges.
- Serve the salad with toasted baguette slices.
- Combine juice and sparkling water in a pitcher.
- Serve drinks over crushed ice and garnish with orange slices.

Nutrition Facts



Properties

Glycemic Index:79.33, Glycemic Load:7.38, Inflammation Score:-10, Nutrition Score:33.160435054613%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 3.13mg, Luteolin: 3.13mg, Luteolin: 3.13mg, Luteolin: 3.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 363.49kcal (18.17%), Fat: 13.24g (20.37%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 37.69g (13.71%), Sugar: 22.81g (25.34%), Cholesterol: 199.12mg (66.37%), Sodium: 762.99mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.82g (33.65%), Vitamin A: 5232.48IU (104.65%), Vitamin C: 70.69mg (85.68%), Vitamin K: 78.81µg (75.05%), Manganese: 1.4mg (69.98%), Vitamin B6: 1.01mg (50.32%), Folate: 185.39µg (46.35%), Fiber: 9.33g (37.3%), Selenium: 21.64µg (30.91%), Phosphorus: 304.9mg (30.49%), Vitamin B2: 0.52mg (30.35%), Potassium: 1021.41mg (29.18%), Calcium: 211.33mg (21.13%), Magnesium: 81mg (20.25%), Iron: 3.61mg (20.08%), Copper: 0.38mg (19.18%), Vitamin B5: 1.9mg (19.03%), Vitamin B1: 0.27mg (17.69%), Zinc: 2.43mg (16.2%), Vitamin E: 2.11mg (14.06%), Vitamin B12: 0.79µg (13.24%), Vitamin B3: 1.7mg (8.51%), Vitamin D: 1.16µg (7.71%)