



Greek Salsa

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

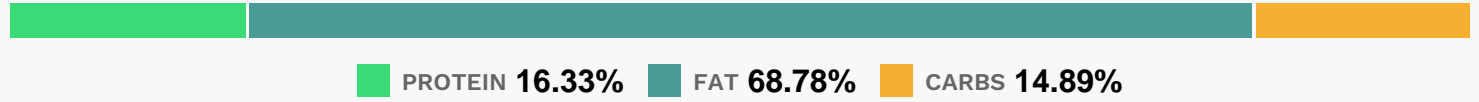
- 0.5 cup cucumbers chopped
- 2 Tbsp mint leaves fresh finely chopped
- 0.5 cup kalamata olives halved
- 0.5 cup onions red chopped
- 3.5 oz athenos reduced fat feta cheese crumbled
- 0.5 cup roasted peppers red chopped
- 0.5 cup greek vinaigrette with feta cheese and oregano dressing made with extra virgin olive oil kraft

Equipment

Directions

- Mix all ingredients until well blended.
- Serve with ATHENOS PITA THINS Toasted Chips Original.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.1313043327435%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 55.63kcal (2.78%), Fat: 4.48g (6.89%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.82g (0.91%), Cholesterol: 5.32mg (1.77%), Sodium: 290.32mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 4.16mg (5.04%), Vitamin E: 0.57mg (3.81%), Fiber: 0.51g (2.06%), Vitamin K: 1.91µg (1.81%), Vitamin A: 81.47IU (1.63%), Manganese: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.3%), Folate: 4.14µg (1.03%), Potassium: 35.62mg (1.02%)