



Greek Sandwich with Feta Vinaigrette

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups arugula chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cucumber peeled cut into 1/4-inch-thick slices
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sourdough bread
- ☐ 0.5 teaspoon sugar
- ☐ 2 inch tomatoes

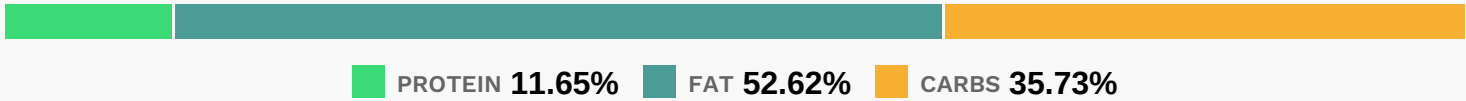
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare the vinaigrette, combine the first 7 ingredients in a medium bowl, stirring with a whisk.
- ☐ To prepare the sandwich, combine 1/4 teaspoon salt and pepper in a medium bowl.
- ☐ Place 2 tomato slices on each of 4 bread slices, and sprinkle evenly with half of the salt mixture. Arrange the cucumber slices over the tomato slices; sprinkle evenly with remaining salt mixture.
- ☐ Add arugula, onion, and chopped olives to the vinaigrette; toss to coat. Arrange the arugula mixture evenly over the cucumber slices. Top with the remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:89.15, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:6.8904348138882%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 105.19kcal (5.26%), Fat: 6.39g (9.83%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.18g (2.97%), Sugar: 3.28g (3.64%), Cholesterol: 7.57mg (2.52%), Sodium: 426.76mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 26.07µg (24.83%), Vitamin C: 9.45mg (11.45%), Folate: 42.73µg (10.68%), Manganese: 0.21mg (10.61%), Vitamin A: 477.97IU (9.56%), Calcium: 93.43mg (9.34%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.11mg (7.18%), Phosphorus: 68.22mg (6.82%), Vitamin B6: 0.13mg (6.74%), Fiber: 1.58g (6.34%), Potassium: 220.44mg (6.3%), Magnesium: 24.04mg (6.01%), Vitamin E: 0.84mg (5.62%), Selenium: 3.69µg (5.28%), Iron: 0.93mg (5.14%), Copper: 0.1mg (4.92%), Vitamin B5: 0.4mg (3.96%), Zinc: 0.58mg (3.84%), Vitamin B3: 0.56mg (2.82%), Vitamin B12: 0.14µg (2.39%)