



 **21%**
HEALTH SCORE

Greek Side Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large cucumber
- 4 servings olive oil extra virgin
- 0.3 pound feta cheese
- 12 kalamata olives
- 1 large onion red sliced
- 5 large tomatoes ripe

Equipment

- bowl

Directions

- Slice the vegetables into bite-size wedges
- Toss in a bowl with olive oil
- Place feta on top of the salad or break up into crumbles

Nutrition Facts

PROTEIN 9.53% **FAT 70.35%** **CARBS 20.12%**

Properties

Glycemic Index:26.75, Glycemic Load:3.34, Inflammation Score:-9, Nutrition Score:15.704347826087%

Flavonoids

Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Taste

Sweetness: 76.85%, Saltiness: 38.04%, Sourness: 100%, Bitterness: 26.86%, Savoriness: 28.17%, Fattiness: 55.14%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 276.64kcal (13.83%), Fat: 22.53g (34.65%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 10.41g (3.78%), Sugar: 8.18g (9.09%), Cholesterol: 25.23mg (8.41%), Sodium: 524.54mg (22.81%), Protein: 6.87g (13.73%), Vitamin C: 35.44mg (42.96%), Vitamin A: 2112.82IU (42.26%), Vitamin K: 32.23µg (30.69%), Vitamin E: 3.78mg (25.19%), Potassium: 697.28mg (19.92%), Vitamin B6: 0.37mg (18.73%), Calcium: 185.02mg (18.5%), Vitamin B2: 0.31mg (18.13%), Manganese: 0.35mg (17.69%), Phosphorus: 173.29mg (17.33%), Fiber: 4.08g (16.33%), Folate: 58.58µg (14.65%), Vitamin B1: 0.16mg (10.98%), Copper: 0.22mg (10.91%), Magnesium: 42.88mg (10.72%), Zinc: 1.37mg (9.16%), Vitamin B3: 1.72mg (8.59%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.68mg (6.81%), Selenium: 4.57µg (6.53%), Iron: 1.15mg (6.37%)