



Greek Spinach Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- 1.5 cups cucumber sliced (1 medium)
- 0.3 cup feta cheese crumbled
- 1 garlic cloves minced
- 2 teaspoons olive oil
- 0.5 teaspoon oregano dried
- 1.5 cups plum tomatoes chopped (5)
- 0.3 cup red wine vinegar

5 cups torn spinach loosely packed

1 tablespoon water

Equipment

bowl

whisk

Directions

Combine first 5 ingredients, stirring well with a whisk.

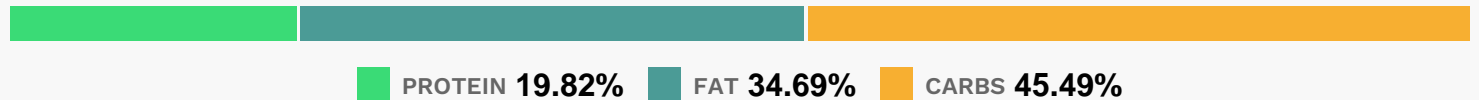
Combine chickpeas, cucumber, and tomato in a large bowl; add vinegar mixture, tossing well.

Add spinach and feta cheese; toss salad gently.

Sprinkle salad with pepper, if desired.

carbo rating: 14

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:3.53, Inflammation Score:-9, Nutrition Score:17.443912888351%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 119.7kcal (5.99%), Fat: 4.79g (7.36%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 9.43g (3.43%), Sugar: 2.13g (2.37%), Cholesterol: 7.42mg (2.47%), Sodium: 316.48mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin K: 129.81µg (123.63%), Vitamin A: 2909.56IU (58.19%), Manganese: 0.92mg (45.96%), Vitamin B6: 0.49mg (24.58%), Folate: 82.82µg (20.71%), Vitamin C: 16.47mg (19.97%), Fiber: 4.69g (18.77%), Magnesium: 51.96mg (12.99%), Potassium: 440.13mg (12.58%), Phosphorus: 120.02mg (12%), Iron: 1.96mg (10.88%), Calcium: 105.46mg (10.55%), Copper: 0.21mg (10.3%), Vitamin B2: 0.15mg (8.78%), Vitamin E: 1.07mg (7.16%), Zinc: 1.03mg (6.88%), Vitamin B1: 0.09mg (5.9%), Vitamin B5:

0.45mg (4.46%), Selenium: 3.03 μ g (4.33%), Vitamin B3: 0.73mg (3.65%), Vitamin B12: 0.14 μ g (2.35%)