



Greek-Style Picnic Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 8 ounces feta cheese crumbled reduced-fat
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 teaspoon oregano dried
- ☐ 3 tablespoons pinenuts toasted

- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bagged prewashed spinach
- ☐ 0.8 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling
- ☐ 2 cups rice white uncooked

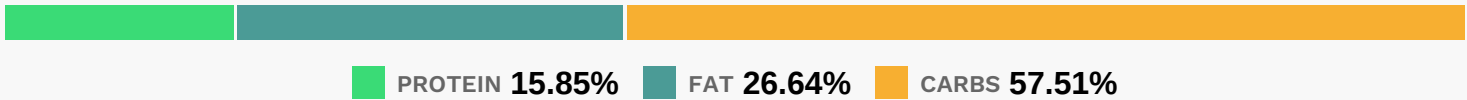
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Cool to room temperature; set aside.
- ☐ Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- ☐ Drain and cut into 1-inch pieces.
- ☐ Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat.
- ☐ Add spinach and garlic; saut 3 minutes or until spinach wilts.
- ☐ Combine rice, tomatoes, spinach mixture, cheese, and next 5 ingredients (through chickpeas).
- ☐ Drizzle with remaining 1 tablespoon oil; toss gently to coat.
- ☐ Sprinkle with nuts; serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:23.05, Glycemic Load:20.67, Inflammation Score:-9, Nutrition Score:18.175652151522%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 294.14kcal (14.71%), Fat: 8.95g (13.77%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 39.2g (14.26%), Sugar: 4.19g (4.66%), Cholesterol: 12.15mg (4.05%), Sodium: 523.63mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Vitamin K: 117.47µg (111.88%), Manganese: 1.41mg (70.74%), Vitamin A: 2223.5IU (44.47%), Vitamin B6: 0.35mg (17.69%), Copper: 0.35mg (17.36%), Fiber: 4.27g (17.09%), Folate: 65.18µg (16.3%), Magnesium: 64.04mg (16.01%), Potassium: 540.98mg (15.46%), Iron: 2.49mg (13.83%), Phosphorus: 136.94mg (13.69%), Vitamin C: 9.87mg (11.96%), Selenium: 7.3µg (10.42%), Vitamin B3: 1.71mg (8.57%), Vitamin E: 1.25mg (8.34%), Zinc: 1.2mg (8.01%), Vitamin B1: 0.11mg (7.63%), Vitamin B5: 0.71mg (7.1%), Vitamin B2: 0.12mg (6.87%), Calcium: 65.03mg (6.5%)