



Greek-Style Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beefsteak tomatoes 1-inch-thick cut into wedges
- ☐ 2 small cucumber peeled halved lengthwise thinly sliced
- ☐ 0.3 pound greek olives mixed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 pound radicchio thinly halved lengthwise thinly sliced
- ☐ 0.5 medium onion red thinly sliced
- ☐ 6 cups the of 1 cos lettuce coarsely chopped

☐ 1 teaspoon sugar

Equipment

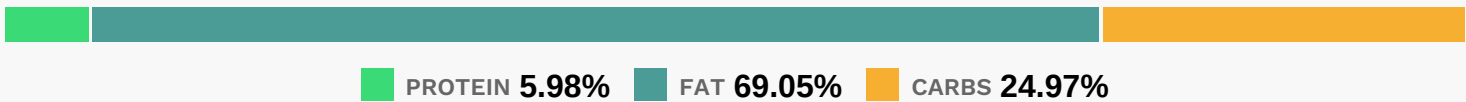
☐ bowl

☐ whisk

Directions

- ☐ Whisk together lemon juice, sugar, 1/2 teaspoon salt, and 1/8 teaspoon pepper in a large bowl until sugar and salt have dissolved.
- ☐ Add oil and whisk until combined well. Stir in tomatoes and onion and let stand 10 minutes.
- ☐ Add remaining ingredients and toss to coat.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:16.638695608015%

Flavonoids

Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg 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: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 14.5mg, Luteolin: 14.5mg, Luteolin: 14.5mg, Luteolin: 14.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg, Quercetin: 15.27mg

Nutrients (% of daily need)

Calories: 151.46kcal (7.57%), Fat: 12.39g (19.06%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.85g (5.38%), Cholesterol: 0mg (0%), Sodium: 312.37mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin K: 160.05µg (152.43%), Vitamin A: 4846.47IU (96.93%), Folate: 109.12µg (27.28%), Vitamin C: 20.53mg (24.88%), Vitamin E: 3.37mg (22.46%), Potassium: 510.19mg (14.58%), Fiber: 3.41g (13.62%), Manganese: 0.26mg (13.12%), Copper: 0.26mg (13.05%), Vitamin B6: 0.16mg (8.2%), Magnesium: 29.58mg (7.39%), Iron: 1.16mg (6.44%), Vitamin B1: 0.09mg (6.28%), Phosphorus: 62.44mg (6.24%), Calcium: 50.11mg (5.01%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.59mg (3.92%), Vitamin B5:

0.39mg (3.88%), Vitamin B3: 0.77mg (3.87%), Selenium: 0.81µg (1.15%)