



Greek-Style Salad with Spaghetti Squash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 cup cucumber diced
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper diced green
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup onion diced red
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 cups spaghetti squash cooked
- ☐ 2 cups tomatoes chopped

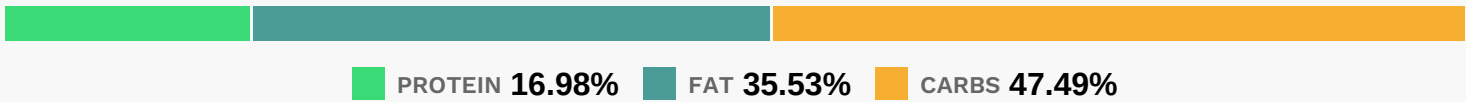
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well with a whisk.
- ☐ Combine squash and remaining ingredients in a large bowl.
- ☐ Add vinegar mixture; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:28.04, Glycemic Load:2.7, Inflammation Score:-6, Nutrition Score:7.5778261138045%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 101.83kcal (5.09%), Fat: 4.18g (6.44%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 8.84g (3.21%), Sugar: 2.3g (2.56%), Cholesterol: 6.31mg (2.1%), Sodium: 345.14mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Manganese: 0.59mg (29.37%), Vitamin B6: 0.38mg (19.22%),

Fiber: 3.75g (15.01%), Vitamin C: 10.64mg (12.89%), Phosphorus: 88.01mg (8.8%), Vitamin A: 422.53IU (8.45%), Calcium: 75.08mg (7.51%), Folate: 29.24µg (7.31%), Copper: 0.14mg (7.14%), Potassium: 248.92mg (7.11%), Magnesium: 27.88mg (6.97%), Vitamin K: 7.17µg (6.83%), Iron: 1.12mg (6.23%), Vitamin B2: 0.09mg (5.25%), Zinc: 0.76mg (5.06%), Vitamin B1: 0.06mg (4.32%), Vitamin B5: 0.42mg (4.21%), Vitamin E: 0.54mg (3.59%), Selenium: 2.42µg (3.46%), Vitamin B3: 0.68mg (3.37%), Vitamin B12: 0.12µg (2%)