



Greek Tomato Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cucumber halved lengthwise sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 sprig basil fresh
- ☐ 0.5 cup greek olives black
- ☐ 0.3 teaspoon oregano fresh chopped
- ☐ 0.5 onion red chopped
- ☐ 16 fl. oz. greek salad dressing

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4 large tomatoes cut in wedges

Equipment

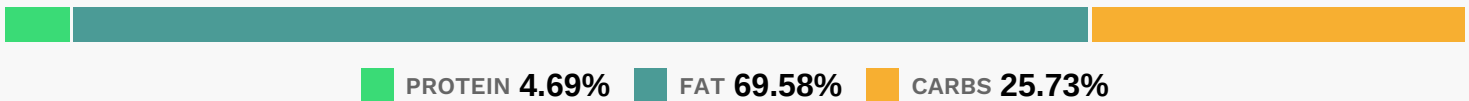
☐

bowl

Directions

- ☐ Gently mix tomatoes, cucumber, red onion, olives, 1/4 teaspoon chopped basil, and oregano together in a large bowl; top with feta cheese.
- ☐ Pour Greek dressing over salad and season with black pepper.
- ☐ Garnish salad with a sprig of fresh basil.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:7.8952174672614%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 194.66kcal (9.73%), Fat: 15.37g (23.64%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11g (4%), Sugar: 9.64g (10.71%), Cholesterol: 5.56mg (1.85%), Sodium: 795.74mg (34.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin K: 44.74µg (42.61%), Vitamin A: 880.41IU (17.61%), Vitamin C: 14.46mg (17.53%), Vitamin E: 2.15mg (14.3%), Potassium: 335.74mg (9.59%), Manganese: 0.17mg (8.5%), Vitamin B6: 0.17mg (8.41%), Fiber: 1.79g (7.15%), Phosphorus: 62.26mg (6.23%), Calcium: 60.4mg (6.04%), Folate: 22.78µg (5.7%), Copper: 0.11mg (5.41%), Magnesium: 20.65mg (5.16%), Vitamin B2: 0.08mg (4.85%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.73mg (3.64%), Iron: 0.61mg (3.4%), Selenium: 2.27µg (3.25%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.11µg (1.76%)