



## Greek Vegetable Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 medium cucumber sliced
- 0.3 cup athenos feta cheese crumbled traditional
- 0.5 cup kalamata olives
- 0.5 onion red thinly sliced
- 3 large tomatoes chopped
- 0.5 cup greek vinaigrette dressing kraft

### Equipment

- bowl

## Directions

- Mix vegetables in large bowl.
- Add dressing and feta; toss lightly.
- Serve immediately. Or, refrigerate until ready to serve.

## Nutrition Facts

**PROTEIN 5.34%** **FAT 78.61%** **CARBS 16.05%**

## Properties

Glycemic Index:7.13, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:2.6813043203691%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 60.19kcal (3.01%), Fat: 5.5g (8.46%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.53g (1.7%), Cholesterol: 2.22mg (0.74%), Sodium: 101.02mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 12.2µg (11.62%), Vitamin C: 5.69mg (6.89%), Vitamin A: 341.17IU (6.82%), Vitamin E: 0.76mg (5.08%), Potassium: 113.95mg (3.26%), Fiber: 0.74g (2.97%), Manganese: 0.06mg (2.84%), Vitamin B6: 0.05mg (2.62%), Folate: 8.97µg (2.24%), Phosphorus: 21.22mg (2.12%), Calcium: 21.02mg (2.1%), Copper: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.92%), Magnesium: 6.95mg (1.74%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.16mg (1.1%)