



Greek Vegetable Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke heart quarters drained canned
- ☐ 1 small cucumber sliced
- ☐ 4 ounce feta cheese crumbled
- ☐ 2 garlic cloves pressed
- ☐ 3 tablespoons juice of lemon
- ☐ 10 servings lettuce leaves
- ☐ 0.3 cup olive oil
- ☐ 14 olives pitted ripe halved

- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 small purple onion separated sliced
- ☐ 0.5 teaspoon salt
- ☐ 4 medium tomatoes cut into wedges
- ☐ 1 small zucchini peeled halved cut into thin strips

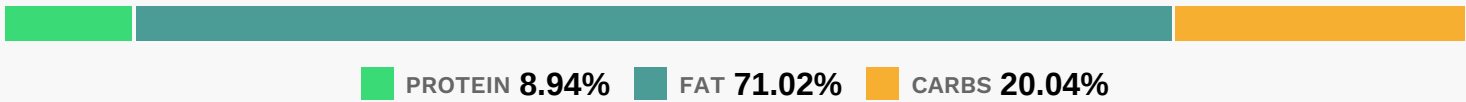
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a large bowl.
- ☐ Add tomato and next 5 ingredients, tossing well. Chill at least 2 hours.
- ☐ Sprinkle with feta cheese, and serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:8.0373913956725%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 132.34kcal (6.62%), Fat: 10.69g (16.45%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.75g (3.05%), Cholesterol: 10.09mg (3.36%), Sodium: 490.49mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 2297.44IU (45.95%), Vitamin C: 16.02mg (19.42%), Vitamin K: 12.13µg (11.55%), Vitamin E: 1.69mg (11.27%), Manganese: 0.2mg (10.15%), Vitamin B2: 0.15mg (8.76%), Fiber: 2.11g (8.46%), Calcium: 84.25mg (8.43%), Vitamin B6: 0.16mg (7.99%), Folate: 28.02µg (7.01%), Potassium: 244.44mg (6.98%), Phosphorus: 68.41mg (6.84%), Vitamin B1: 0.08mg (5.1%), Magnesium: 17.19mg (4.3%), Iron: 0.71mg (3.95%), Zinc: 0.55mg (3.68%), Copper: 0.06mg (3.21%), Vitamin B12: 0.19µg (3.19%), Vitamin B3: 0.6mg (3.01%), Selenium: 2.07µg (2.95%), Vitamin B5: 0.24mg (2.36%)