



Grilled Greek Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 5 tablespoons wine dry white
- 2 tablespoons thyme sprigs fresh packed
- 8 ounces halloumi cheese cut into 12 pieces
- 3 medium baby greens halved lengthwise
- 20 kalamata olives
- 6 servings kosher salt
- 5 tablespoons juice of lemon freshly squeezed (from 2 medium lemons)

- 6 servings olive oil for coating the grill grates
- 0.3 cup oregano fresh packed (leaves and tender stems only)
- 0.5 medium onion red peeled sliced cut into 6 wedges
- 3 medium roma tomatoes quartered
- 0.5 medium onion yellow peeled halved

Equipment

- bowl
- grill
- skewers

Directions

- Heat a grill to medium (about 350°F to 450°F) and rub the grates with a towel dipped in olive oil.
- Combine the tomatoes, cheese, and onion in a large bowl and season generously with salt and pepper.
- Add 1/2 cup of the marinade and gently toss to coat. Reserve the remaining marinade. Thread 1 tomato quarter, 1 piece of halloumi, and 1 onion wedge onto a skewer, followed by another tomato quarter and another piece of halloumi. Repeat to make 6 skewers.
- Place the skewers in a large, shallow dish, pour any marinade in the bowl over the skewers, cover, and let marinate in the refrigerator for at least 15 minutes and up to 12 hours.
- Remove the skewers from the dish, allowing any excess marinade to drip away before placing them on the grill. Cover the grill and cook, turning the skewers every 2 minutes, until the vegetables are tender and charred and the cheese is soft, about 6 to 8 minutes total. About 3 minutes before the skewers are finished, brush the romaine with olive oil, season it with salt and pepper, and place it cut-side down on the grill. Cook until slightly wilted and charred on the cut side, about 3 minutes. To serve, transfer the grilled romaine, kebabs, and olives (if using) to a large serving platter. (If desired, remove the cheese and vegetables from the skewers and chop all of the salad ingredients.)
- Drizzle a few tablespoons of the remaining marinade over the salad, passing any leftover marinade on the side.

Nutrition Facts

PROTEIN 13.03% FAT 75.51% CARBS 11.46%

Properties

Glycemic Index:31.5, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:16.385217425616%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.86mg, Hesperetin: 1.86mg, Hesperetin: 1.86mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 305.59kcal (15.28%), Fat: 25.75g (39.61%), Saturated Fat: 8.72g (54.47%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 863.95mg (37.56%), Alcohol: 1.29g (100%), Alcohol %: 0.81% (100%), Protein: 10g (19.99%), Vitamin A: 5378.32IU (107.57%), Vitamin K: 81.7µg (77.81%), Calcium: 454.86mg (45.49%), Folate: 93.81µg (23.45%), Vitamin E: 3.15mg (21.02%), Vitamin C: 16.48mg (19.98%), Manganese: 0.32mg (15.79%), Fiber: 3.59g (14.35%), Iron: 2.01mg (11.18%), Potassium: 308.06mg (8.8%), Vitamin B6: 0.13mg (6.7%), Magnesium: 25.93mg (6.48%), Copper: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.79%), Vitamin B2: 0.08mg (4.42%), Phosphorus: 39.08mg (3.91%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.18mg (1.85%)