



WHATSheATE



Herb Salad with Feta, Roasted Red Peppers, and Toasted Nuts



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.5 ounce feta cheese with herbs and spices in oil
- ☐ 0.5 cup walnut halves toasted
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 cup roasted peppers red coarsely chopped
- ☐ 5 ounce the salad

Equipment

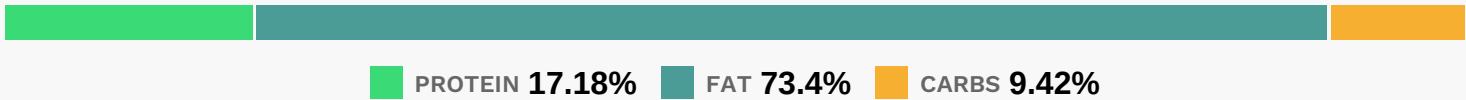
- ☐ bowl

☐ whisk

Directions

- ☐ Combine herb salad mix, chopped roastedred peppers, and toasted walnuts in largebowl.
- ☐ Drain feta cheese, reserving oil-and-spicemixture from jar.
- ☐ Sprinkle feta cheeseover salad.
- ☐ Whisk 3 tablespoons reserved oil-and-spice mixture with red wine vinegar insmall bowl.
- ☐ Drizzle dressing over salad andtoss to coat thoroughly. Season salad to tastewith salt and freshly ground black pepper.Divide salad among plates and serve.
- ☐ Per serving: 206 calories, 17 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:10.618260870809%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 203.69kcal (10.18%), Fat: 17.11g (26.32%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4g (1.46%), Sugar: 0.25g (0.28%), Cholesterol: 44.15mg (14.72%), Sodium: 891.54mg (38.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Calcium: 266.93mg (26.69%), Vitamin B2: 0.45mg (26.6%), Phosphorus: 215.01mg (21.5%), Manganese: 0.42mg (21%), Vitamin C: 16.47mg (19.96%), Vitamin B6: 0.32mg (16.16%), Vitamin B12: 0.84µg (13.97%), Zinc: 1.82mg (12.15%), Vitamin A: 601.02IU (12.02%), Selenium: 8.08µg (11.55%), Copper: 0.21mg (10.66%), Folate: 37.91µg (9.48%), Vitamin B1: 0.12mg (8.17%), Magnesium: 30.1mg (7.52%), Vitamin B5: 0.57mg (5.73%), Iron: 0.95mg (5.29%), Vitamin B3: 0.86mg (4.3%), Potassium: 149.43mg (4.27%), Fiber: 0.93g (3.73%), Vitamin D: 0.2µg (1.32%), Vitamin K: 1.16µg (1.1%), Vitamin E: 0.16mg (1.05%)