



WHATSheATE



HEALTH SCORE

53%

Herbed Mediterranean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup cherry tomatoes halved



0.3 teaspoon pepper red crushed



0.5 cup cucumber peeled sliced



0.3 cup basil leaves fresh



1 cup parsley leaves fresh



2 tablespoons kalamata olives pitted halved



1 tablespoon juice of lemon fresh



2 tablespoons olive oil

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 4 cups salad greens

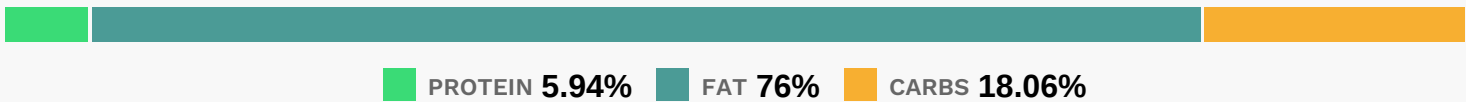
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine olive oil, lemon juice, oregano, and crushed red pepper in a large bowl, stirring with a whisk.
- ☐ Add salad greens, parsley, cherry tomatoes, cucumber, basil, and kalamata olives; toss gently.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:11.594347785348%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 7.86g (12.1%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.04g (1.1%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 85.99mg (3.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin K: 261.45µg (249%), Vitamin C: 35.74mg (43.32%), Vitamin A: 1961.68IU (39.23%), Folate: 45.46µg (11.36%), Vitamin E: 1.54mg (10.26%), Iron: 1.66mg (9.22%), Manganese: 0.16mg (7.96%), Potassium: 233.89mg (6.68%), Magnesium: 18.73mg (4.68%), Fiber: 1.16g (4.66%), Calcium: 43.7mg (4.37%), Copper: 0.08mg (4.19%), Vitamin B6: 0.08mg (4.09%), Phosphorus: 35.42mg (3.54%), Vitamin B3: 0.59mg (2.93%), Vitamin B2: 0.05mg (2.87%), Vitamin B1: 0.04mg (2.68%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.19mg (1.87%)