



Israeli Salad with Feta and Mint



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 tsp cinnamon
- ☐ 1 lb cucumber diced
- ☐ 3 tbsp olive oil extra virgin
- ☐ 1 cup feta cheese crumbled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 3 tbsp juice of lemon fresh
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 tsp salt to taste

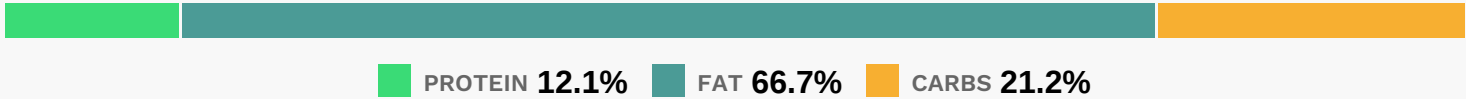
- ☐ 1 lb tomatoes diced red ripe seeded
- ☐ 1 bell pepper diced yellow seeded

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Israeli Salad with Feta and Mint
- ☐ Ingredients1 lb Persian cucumbers, diced1 lb ripe red tomatoes, seeded and diced1 red bell pepper, seeded and diced1 yellow bell pepper, seeded and diced1/2 cup chopped fresh mint3 tbsp extra virgin olive oil3 tbsp fresh lemon juice1/4 tsp cinnamon1/2 tsp salt, or more to taste1 cup crumbled feta cheese
- ☐ Total Time: 15 Minutes
- ☐ Servings: 8 side, 2 main
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:10.537391393081%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 124.4kcal (6.22%), Fat: 9.6g (14.77%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.04g (3.38%), Cholesterol: 16.69mg (5.56%), Sodium: 365mg (15.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 58.99mg (71.51%), Vitamin A: 1207.79IU (24.16%), Vitamin B2: 0.21mg (12.23%), Vitamin K: 12.81µg (12.2%), Calcium: 116.85mg (11.69%), Vitamin B6: 0.23mg (11.42%), Phosphorus: 98.69mg (9.87%), Manganese: 0.19mg (9.68%), Folate: 37.49µg (9.37%), Vitamin E: 1.36mg (9.06%), Potassium: 308.26mg (8.81%), Fiber: 1.81g (7.23%), Magnesium: 22.81mg (5.7%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.83mg (5.54%), Copper: 0.11mg (5.43%), Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.46mg (4.57%), Vitamin B3: 0.88mg (4.38%), Selenium: 2.94µg (4.2%), Iron: 0.72mg (3.98%)