



HEALTH SCORE

54%

Israeli Vegetable Salad with Creamy Feta Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cucumber diced peeled seeded
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 cup bell pepper diced green
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 Dash ground pepper red

- ☐ 0.5 cup radishes diced
- ☐ 0.5 cup bell pepper diced red
- ☐ 1.3 cups tomatoes diced seeded
- ☐ 2 tablespoons water boiling
- ☐ 0.8 teaspoon citrus champagne vinegar

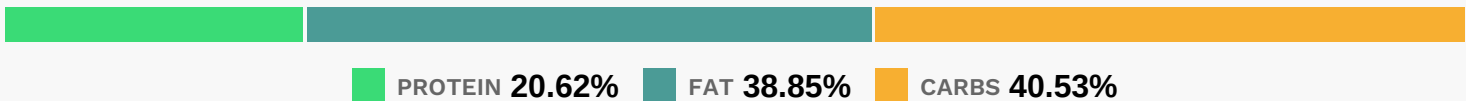
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a large bowl; set aside.
- ☐ Place cheese, boiling water, and vinegar in a food processor; process until smooth.
- ☐ Add yogurt; process until blended.
- ☐ Pour cheese mixture over vegetable mixture; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:15.705652190291%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 74.2kcal (3.71%), Fat: 3.4g (5.23%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.59g (5.1%), Cholesterol: 12.82mg (4.27%), Sodium: 184.06mg (8%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 105.16µg (100.16%), Vitamin C: 71.32mg (86.44%), Vitamin A: 1688.23IU (33.76%), Vitamin B6: 0.28mg (13.82%), Calcium: 119.46mg (11.95%), Vitamin B2: 0.2mg (11.9%), Folate: 44.92µg (11.23%), Potassium: 373.95mg (10.68%), Phosphorus: 102.18mg (10.22%), Fiber: 2.38g (9.53%), Manganese: 0.18mg (8.85%), Vitamin B1: 0.09mg (6.33%), Magnesium: 25.02mg (6.25%), Zinc: 0.86mg (5.71%), Iron: 0.96mg (5.36%), Vitamin E: 0.8mg (5.32%), Copper: 0.11mg (5.31%), Vitamin B12: 0.3µg (5.01%), Vitamin B3: 0.94mg (4.7%), Vitamin B5: 0.47mg (4.67%), Selenium: 2.67µg (3.81%)