



 **18%**
HEALTH SCORE

Lebanese Rubbed Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons aged balsamic vinegar
- 10 ounce the salad mixed
- 4 servings pepper black freshly ground to taste
- 10 ounce cherry tomatoes halved
- 1 cucumber diced english
- 0.3 cup feta cheese crumbled
- 2 cloves garlic minced
- 2 tablespoons olive oil extra virgin extra-virgin

0.1 teaspoon salt

Equipment

bowl

Directions

- Place the salad greens in a large bowl.
- Add the cucumber, garlic, cherry tomatoes, and Feta cheese.
- Sprinkle with salt and pepper, toss to blend.
- Drizzle with vinegar and olive oil.
- Using clean hands (all rings removed), rub the salad ingredients together for 2 minutes to thoroughly work the oil, vinegar, and seasonings into the greens.

Nutrition Facts

 **PROTEIN 10.86%**  **FAT 61.05%**  **CARBS 28.09%**

Properties

Glycemic Index:34.75, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:9.9813043591769%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 139.88kcal (6.99%), Fat: 9.91g (15.24%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.23g (4.7%), Cholesterol: 11.13mg (3.71%), Sodium: 245.15mg (10.66%), Alcohol: 0g (100%), Protein: 3.97g (7.93%), Vitamin C: 35.17mg (42.63%), Vitamin A: 1283.88IU (25.68%), Vitamin K: 18.91µg (18.01%), Manganese: 0.29mg (14.49%), Potassium: 410.8mg (11.74%), Folate: 44.75µg (11.19%), Phosphorus: 111.58mg (11.16%), Vitamin B2: 0.18mg (10.77%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.45mg (9.68%), Calcium: 96.07mg (9.61%), Iron: 1.35mg (7.51%), Magnesium: 27.81mg (6.95%), Copper: 0.13mg (6.56%), Vitamin B1: 0.09mg (5.96%), Zinc: 0.78mg (5.22%), Vitamin B5: 0.5mg (5.02%), Vitamin B3: 0.98mg (4.88%), Selenium: 2.96µg (4.22%), Fiber: 0.93g (3.71%), Vitamin B12: 0.21µg (3.52%)