



Mediterranean Detox Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 4 servings bell pepper black to taste
- ☐ 2 large celery stalks sliced
- ☐ 8 ounce cucumber english
- ☐ 0.5 cup feta cheese
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion red sliced

☐ 6 cups watercress trimmed

Equipment

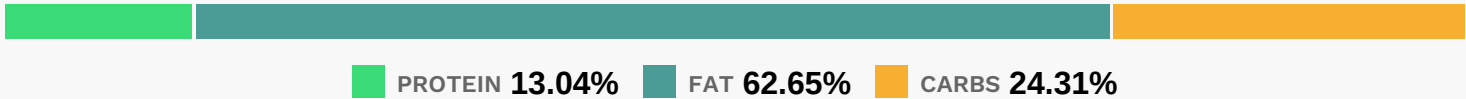
☐ bowl

☐ blender

Directions

- ☐ Cut cucumber in half, and slice crosswise into 1/4-inch-thick slices. Process 3/4 cup cucumber and lemon juice in blender.
- ☐ Add olive oil in a thin stream; pulse until combined. Season the dressing with black pepper, to taste; transfer to a large bowl.
- ☐ Add remaining 1 cup cucumber, watercress, artichoke hearts, celery, red onion, and feta cheese to a bowl. Toss with the dressing, and divide among 4 bowls; serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:13.47739125853%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 11.95mg, Kaempferol: 11.95mg, Kaempferol: 11.95mg, Kaempferol: 11.95mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg

Nutrients (% of daily need)

Calories: 158.76kcal (7.94%), Fat: 11.19g (17.21%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.88g (3.2%), Cholesterol: 16.69mg (5.56%), Sodium: 604.79mg (26.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin K: 142.18µg (135.41%), Vitamin A: 1776.45IU (35.53%), Vitamin C: 27.96mg (33.89%), Calcium: 169.07mg (16.91%), Vitamin B2: 0.25mg (14.47%), Phosphorus: 114.43mg (11.44%), Manganese: 0.22mg (10.8%), Vitamin E: 1.59mg (10.6%), Fiber: 2.49g (9.95%),

Vitamin B6: 0.2mg (9.86%), Potassium: 306.8mg (8.77%), Vitamin B1: 0.1mg (6.77%), Magnesium: 24.48mg (6.12%),
Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.53mg (5.27%), Folate: 20.6µg (5.15%), Selenium: 3.56µg (5.09%), Zinc:
0.75mg (5.01%), Copper: 0.08mg (3.98%), Iron: 0.48mg (2.69%), Vitamin B3: 0.38mg (1.9%)