



 **13%**
HEALTH SCORE

Mediterranean Greek Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup olives black pitted sliced
- 3 cucumber seeded sliced
- 1.5 cups feta cheese crumbled
- 0.3 cup sun-dried olives diced packed drained
- 0.5 onion red sliced
- 3 cups roma tomatoes diced

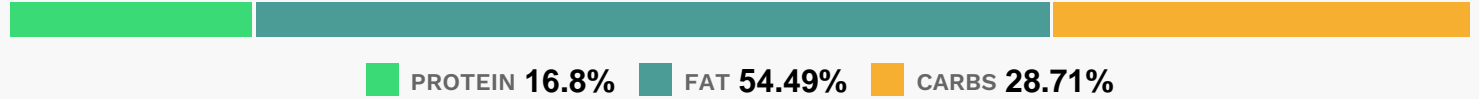
Equipment

- bowl

Directions

In a large salad bowl, toss together the cucumbers, feta cheese, olives, roma tomatoes, sun-dried tomatoes, 2 tablespoons reserved sun-dried tomato oil, and red onion. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:11.388695654662%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 143.04kcal (7.15%), Fat: 9.13g (14.04%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 7.73g (2.81%), Sugar: 5.99g (6.66%), Cholesterol: 25.03mg (8.34%), Sodium: 595.74mg (25.9%), Alcohol: 0g (100%), Protein: 6.33g (12.67%), Vitamin C: 18.06mg (21.89%), Vitamin A: 1045.24IU (20.9%), Vitamin B2: 0.31mg (18.11%), Calcium: 178.68mg (17.87%), Vitamin K: 17.85µg (17%), Phosphorus: 158.68mg (15.87%), Potassium: 555.04mg (15.86%), Manganese: 0.28mg (14.23%), Vitamin B6: 0.28mg (13.81%), Fiber: 3.09g (12.36%), Copper: 0.23mg (11.46%), Folate: 42.99µg (10.75%), Magnesium: 40.04mg (10.01%), Vitamin B1: 0.14mg (9.46%), Zinc: 1.26mg (8.41%), Vitamin E: 1.21mg (8.05%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.73mg (7.29%), Selenium: 4.77µg (6.81%), Iron: 1.18mg (6.58%), Vitamin B3: 1.31mg (6.55%)