



Mediterranean Madness Salad

READY IN



110 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons capers
- 1 medium size cucumber diced peeled seeded
- 1 medium eggplant cut into 1/2- inch cubes
- 1 tablespoon olive oil extra virgin
- 1 cup feta cheese crumbled
- 2 teaspoons mint leaves fresh minced
- 2 cloves garlic smashed roughly chopped
- 16 kalamata olives pitted chopped fine
- 2 teaspoons lemon zest

- 0.5 cup marinated artichoke hearts chopped ()
- 2 tablespoons liquid from marinated artichoke hearts
- 8 ounces orzo pasta
- 4 tablespoons parsley italian minced
- 1 teaspoon freshly cracked pepper black
- 2 small bell peppers red peeled chopped
- 0.5 cup onion diced red
- 2 tablespoons red wine vinegar
- 4 to 5 romaine lettuce leaves
- 1 teaspoon sea salt
- 2 tablespoons sundried tomatoes chopped ()

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400 degrees F.
- In a small bowl, toss cubed eggplant with the garlic and oil.
- Spread on sheet pan and place in preheated oven. Cook until golden brown, about 20 minutes, stirring occasionally for even browning. Meanwhile, cook pasta according to directions and drain.
- Remove eggplant to a large nonmetallic bowl.
- Add pasta and stir in 1/2 cup of feta while pasta and eggplant are still warm. Set aside to cool while preparing other ingredients.
- Add in the rest of the ingredients except the romaine and gently stir to combine, adding remaining feta cheese last. Season to taste with salt and pepper. Chill for 1 hour and serve on a bed of romaine on a large platter.

Nutrition Facts

PROTEIN 13.68% FAT 34.57% CARBS 51.75%

Properties

Glycemic Index:37.13, Glycemic Load:10.01, Inflammation Score:-9, Nutrition Score:16.491739148679%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 237.1kcal (11.85%), Fat: 9.25g (14.24%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 26.4g (9.6%), Sugar: 5.4g (6%), Cholesterol: 16.69mg (5.56%), Sodium: 782.72mg (34.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 56.03µg (53.36%), Vitamin A: 2297.83IU (45.96%), Vitamin C: 35.03mg (42.46%), Selenium: 21.36µg (30.52%), Manganese: 0.56mg (27.83%), Fiber: 4.78g (19.11%), Folate: 63.38µg (15.84%), Phosphorus: 158.44mg (15.84%), Vitamin B2: 0.25mg (14.6%), Vitamin B6: 0.28mg (14.16%), Calcium: 133.36mg (13.34%), Potassium: 412.49mg (11.79%), Copper: 0.22mg (11.15%), Magnesium: 42.45mg (10.61%), Zinc: 1.26mg (8.43%), Vitamin B1: 0.13mg (8.38%), Iron: 1.46mg (8.09%), Vitamin E: 1.16mg (7.75%), Vitamin B3: 1.48mg (7.39%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.32µg (5.28%)