



## Mediterranean Medley Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

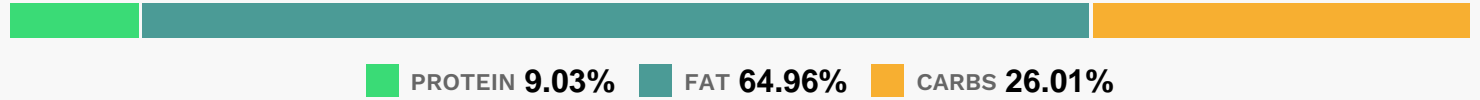
- 1 tablespoon balsamic vinegar
- 0.5 cup torn basil leaves
- 2 ounces feta cheese crumbled
- 0.3 cup kalamata olives sliced
- 2 tablespoons olive oil extra-virgin
- 4 cups vegetables raw green red roughly chopped (I like a combination of carrots, onions, cucumbers, tomatoes, or bell peppers, and zucchini)
- 1 pinch salt and pepper black freshly ground to taste

# Equipment

## Directions

Toss all ingredients together.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:17.641304290813%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 154.69kcal (7.73%), Fat: 11.81g (18.16%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.91g (7.68%), Cholesterol: 12.62mg (4.21%), Sodium: 300.36mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 191.26mg (231.83%), Vitamin A: 4916.55IU (98.33%), Vitamin B6: 0.5mg (25.05%), Vitamin E: 3.73mg (24.89%), Vitamin K: 24.38µg (23.22%), Folate: 75.37µg (18.84%), Vitamin B2: 0.25mg (14.66%), Fiber: 3.46g (13.85%), Manganese: 0.21mg (10.69%), Potassium: 340.45mg (9.73%), Calcium: 91.27mg (9.13%), Phosphorus: 89.33mg (8.93%), Vitamin B3: 1.65mg (8.23%), Vitamin B1: 0.11mg (7.01%), Vitamin B5: 0.62mg (6.18%), Magnesium: 23.94mg (5.99%), Zinc: 0.81mg (5.41%), Iron: 0.94mg (5.22%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.36µg (3.37%), Copper: 0.05mg (2.65%)