



Mediterranean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

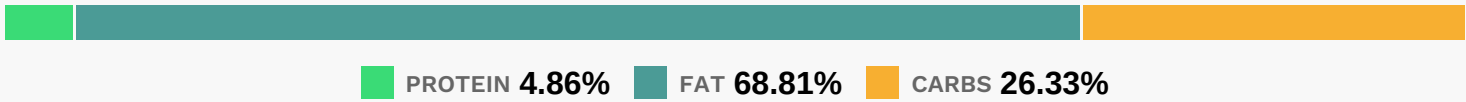
- ☐ 1 cucumber peeled sliced
- ☐ 1 medium onion separated sliced
- ☐ 2 tomatoes quartered
- ☐ 0.3 cup herbed vinaigrette

Equipment

Directions

Combine all ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:5.4604348229325%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 101.23kcal (5.06%), Fat: 8.1g (12.46%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.24g (1.91%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 5.83mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin K: 25.81µg (24.58%), Vitamin C: 12.86mg (15.59%), Vitamin A: 566.84IU (11.34%), Potassium: 289.15mg (8.26%), Manganese: 0.16mg (8.02%), Vitamin E: 1.08mg (7.2%), Fiber: 1.73g (6.92%), Folate: 24.95µg (6.24%), Vitamin B6: 0.12mg (6.02%), Copper: 0.1mg (5.01%), Magnesium: 18.51mg (4.63%), Vitamin B1: 0.06mg (3.91%), Phosphorus: 38.49mg (3.85%), Vitamin B5: 0.27mg (2.69%), Calcium: 22.98mg (2.3%), Vitamin B2: 0.04mg (2.23%), Iron: 0.39mg (2.16%), Vitamin B3: 0.43mg (2.12%), Zinc: 0.28mg (1.86%)