



Mediterranean Summer Salad

READY IN



25 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby spinach
- 2 tablespoons balsamic vinegar
- 12 servings pepper black freshly ground
- 2 cups cherry tomatoes halved
- 4 ounces feta cheese
- 1 cup basil fresh chopped
- 1 teaspoon garlic minced
- 0.5 cup greek olives pitted halved
- 1 tablespoon olive oil extra virgin extra-virgin

- 8 ounces orzo pasta
- 0.3 cup pinenuts toasted
- 12 servings salt

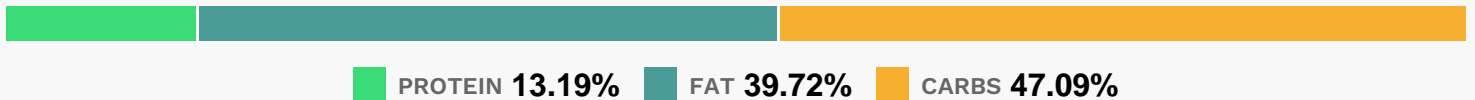
Equipment

- bowl
- whisk

Directions

- Cook orzo according to package directions.
- Meanwhile, in a large bowl, combine tomatoes, basil, garlic, pine nuts, olives, feta, and spinach.
- Add cooked orzo.
- In a small bowl, whisk together oil, vinegar, and salt and pepper to taste; toss with salad.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:8.3143478683803%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 141.61kcal (7.08%), Fat: 6.33g (9.74%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.65g (5.69%), Sugar: 1.68g (1.87%), Cholesterol: 8.41mg (2.8%), Sodium: 397.92mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin K: 35.8µg (34.09%), Manganese: 0.54mg (26.92%), Selenium: 13.65µg (19.5%), Vitamin A: 759.15IU (15.18%), Phosphorus: 95.53mg (9.55%), Vitamin C: 7.53mg (9.12%), Magnesium: 27.51mg (6.88%), Copper: 0.14mg (6.86%), Vitamin B2: 0.11mg (6.75%), Calcium: 66.9mg (6.69%), Vitamin E: 0.94mg (6.27%), Folate: 21.86µg (5.47%), Zinc: 0.81mg (5.38%), Vitamin B6: 0.11mg (5.36%), Iron: 0.9mg (5%), Fiber: 1.24g (4.96%), Potassium: 160.46mg (4.58%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.74mg (3.7%), Vitamin B12: 0.16µg (2.66%), Vitamin B5: 0.23mg (2.25%)