



Mediterranean Tossed Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces feta cheese with basil and tomato crumbled
- ☐ 6 cups torn leaf lettuce green
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup onion red thinly sliced (1 small)
- ☐ 0.3 cup balsamic vinaigrette salad dressing fat-free

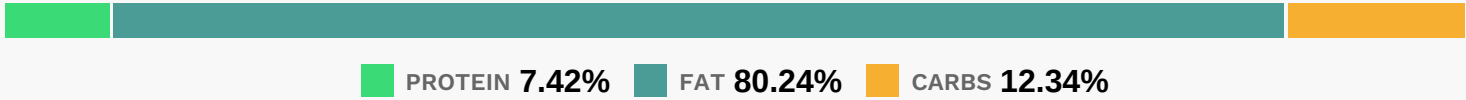
Equipment

- ☐ bowl

Directions

- ☐ Combine lettuce, onion, olives, cheese, and oregano in a large bowl; pour vinaigrette over salad, and toss gently.
- ☐ Serve immediately.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:12.255217661028%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 160.76kcal (8.04%), Fat: 14.9g (22.92%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.86g (2.06%), Cholesterol: 12.62mg (4.21%), Sodium: 309.47mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 92.19µg (87.8%), Vitamin A: 4100.58IU (82.01%), Calcium: 106.29mg (10.63%), Vitamin E: 1.52mg (10.14%), Vitamin B2: 0.17mg (10.09%), Manganese: 0.19mg (9.49%), Vitamin C: 6.46mg (7.83%), Folate: 30.29µg (7.57%), Phosphorus: 70.31mg (7.03%), Vitamin B6: 0.14mg (7.03%), Fiber: 1.53g (6.13%), Vitamin B1: 0.07mg (4.77%), Iron: 0.82mg (4.58%), Potassium: 154.26mg (4.41%), Selenium: 2.98µg (4.26%), Vitamin B12: 0.24µg (3.99%), Zinc: 0.56mg (3.71%), Magnesium: 13.99mg (3.5%), Vitamin B5: 0.24mg (2.41%), Copper: 0.04mg (2.06%), Vitamin B3: 0.41mg (2.05%)