



Mediterranean Vegetable Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 tablespoons soybean oil
- ☐ 2 tablespoons oregano dried fresh chopped
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 teaspoon pepper
- ☐ 2 cloves garlic finely chopped

- ☐ 3 large tomatoes sliced
- ☐ 2 large bell pepper yellow sliced into thin rings
- ☐ 1 cup pkt spinach fresh washed (from 10-oz bag)
- ☐ 2 oz feta cheese crumbled
- ☐ 1 serving kalamata olives

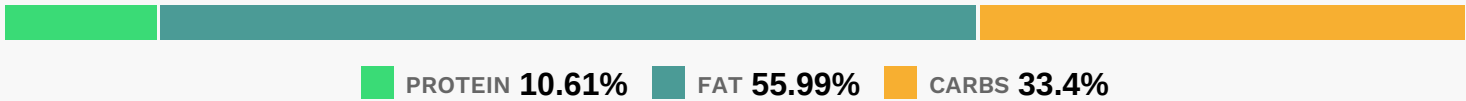
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix vinegar, oil, oregano, sugar, salt, mustard, black pepper and garlic. In glass or plastic container, place tomatoes and bell peppers.
- ☐ Pour vinegar mixture over vegetables. Cover and refrigerate at least 1 hour to blend flavors.
- ☐ Line serving platter with spinach.
- ☐ Drain vegetables; place on spinach.
- ☐ Sprinkle with cheese; garnish with olives.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:14.139130519784%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 115.2kcal (5.76%), Fat: 7.55g (11.62%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.47g (2.72%), Sugar: 2.86g (3.17%), Cholesterol: 8.41mg (2.8%), Sodium: 364.97mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 128.07mg (155.24%), Vitamin K:

50.55µg (48.15%), Vitamin A: 1433.26IU (28.67%), Manganese: 0.36mg (17.78%), Vitamin B6: 0.26mg (12.94%), Potassium: 415.95mg (11.88%), Folate: 46.87µg (11.72%), Fiber: 2.66g (10.65%), Calcium: 99.72mg (9.97%), Vitamin E: 1.42mg (9.49%), Iron: 1.47mg (8.16%), Vitamin B2: 0.13mg (7.82%), Phosphorus: 77.85mg (7.79%), Copper: 0.15mg (7.59%), Magnesium: 29.75mg (7.44%), Vitamin B3: 1.32mg (6.62%), Vitamin B1: 0.08mg (5.11%), Zinc: 0.63mg (4.22%), Selenium: 2.26µg (3.23%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.16µg (2.66%)