



Mediterranean Vegetable Salad with Ham

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper green
- ☐ 1 cup bell pepper red
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 2.5 cups cucumber english halved lengthwise sliced
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 ounce feta cheese crumbled
- ☐ 5 ounces ham finely chopped
- ☐ 0.3 cup juice of lemon fresh (3 lemons)

- ☐ 2 tablespoons olives ripe sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 6-inch wholewheat pita breads cut in half ()
- ☐ 0.3 teaspoon suya seasoning mix

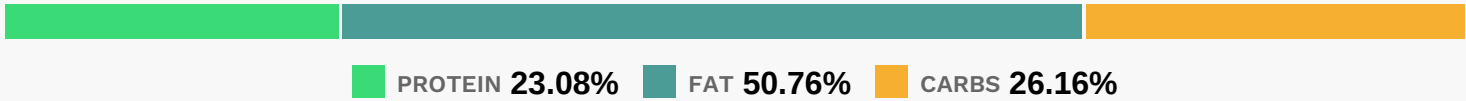
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring with a whisk.
- ☐ Add tomatoes and next 6 ingredients (through cucumber); toss well to combine.
- ☐ Serve with pitas.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:16.484782628391%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 177.68kcal (8.88%), Fat: 10.5g (16.15%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 9.43g (3.43%), Sugar: 5.96g (6.62%), Cholesterol: 28.28mg (9.43%), Sodium: 581.7mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.47%), Vitamin C: 104.32mg (126.44%), Vitamin A: 1793.7IU (35.87%), Vitamin B6: 0.46mg (22.93%), Vitamin K: 22.39µg (21.32%), Vitamin B1: 0.32mg (21.27%), Phosphorus: 157.09mg (15.71%), Potassium: 540.02mg (15.43%), Selenium: 9.8µg (14%), Manganese: 0.27mg (13.74%), Vitamin B3: 2.73mg (13.66%), Vitamin B2: 0.23mg (13.27%), Vitamin E: 1.88mg (12.52%), Folate: 44.2µg

(11.05%), Fiber: 2.75g (10.98%), Zinc: 1.44mg (9.59%), Iron: 1.61mg (8.94%), Magnesium: 35.07mg (8.77%), Copper: 0.16mg (8%), Calcium: 75.99mg (7.6%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.28µg (1.84%)