



Mesclun Salad with Cucumber and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber english peeled thinly sliced
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 6 cups gourmet salad greens
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons sacramento tomato juice

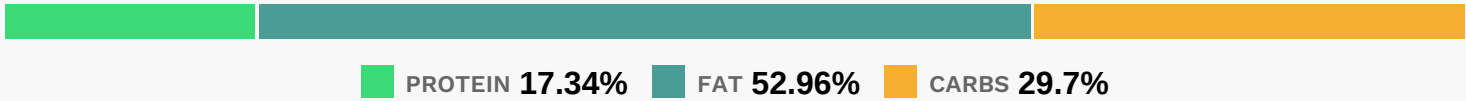
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 6 ingredients in a small bowl, stirring with a whisk.
- ☐ To prepare salad, combine the salad greens and remaining ingredients in a large bowl.
- ☐ Drizzle dressing over salad, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:60.61, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:4.6965217402448%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 47.28kcal (2.36%), Fat: 2.89g (4.45%), Saturated Fat: 1.28g (8%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.98g (1.09%), Cholesterol: 7.57mg (2.52%), Sodium: 259.35mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin C: 16.08mg (19.49%), Vitamin A: 790.09IU (15.8%), Vitamin K: 8.66µg (8.25%), Folate: 28.94µg (7.23%), Vitamin B2: 0.11mg (6.44%), Manganese: 0.12mg (5.9%), Phosphorus: 56.82mg (5.68%), Calcium: 54.61mg (5.46%), Vitamin B6: 0.1mg (4.89%), Potassium: 147.38mg (4.21%), Iron: 0.55mg (3.04%), Zinc: 0.41mg (2.75%), Magnesium: 10.91mg (2.73%), Vitamin B1: 0.04mg (2.57%), Vitamin B3: 0.49mg (2.44%), Vitamin B12: 0.14µg (2.39%), Selenium: 1.61µg (2.3%), Copper: 0.04mg (2.22%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.2mg (1.35%)