



Mexican Summer Salad

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 chile de árbol (with seeds) torn into very small pieces or 1/2 teaspoon chili flakes* see cook's note
- 8 ounces feta cheese cubed
- 0.3 cup cilantro leaves fresh chopped
- 0.8 cup grape tomatoes assorted halved
- 0.8 cup olives green pitted halved
- 0.8 cup kalamata olives black pitted halved
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil extra-virgin

- 0.3 cup pinenuts
- 2 teaspoons coriander seeds whole
- 2 teaspoons cumin seeds whole

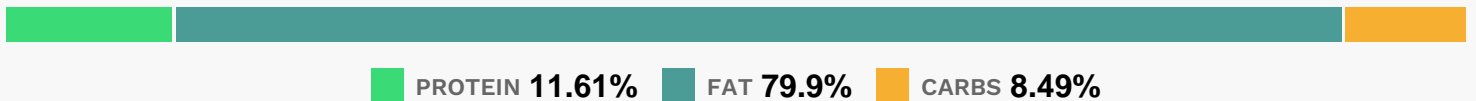
Equipment

- bowl
- frying pan
- whisk
- kitchen scissors

Directions

- Watch how to make this recipe.
- In a small, dry skillet, toast the cumin seeds, coriander seeds, chile, and pine nuts over medium-high heat, stirring constantly, until fragrant, about 3 minutes.
- Transfer the dressing to a serving bowl and whisk in the olive oil. Season with salt and pepper, to taste.
- Add the olives, tomatoes, cilantro and cheese. Toss gently to combine and serve.
- *Cooks Note: The dried chile can also be cut into small rings using scissors.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:9.7682608003202%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 227.3kcal (11.36%), Fat: 21.05g (32.39%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.93g (1.03%), Cholesterol: 33.64mg (11.21%), Sodium: 960.28mg (41.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Manganese: 0.58mg (28.9%), Calcium: 218.56mg (21.86%), Vitamin B2: 0.34mg (20.24%), Phosphorus: 172.21mg (17.22%), Vitamin E: 2.54mg (16.93%), Vitamin B12: 0.64µg (10.65%), Vitamin A: 525IU (10.5%), Zinc: 1.57mg (10.44%), Vitamin B6: 0.2mg (9.79%), Vitamin K: 10.18µg (9.7%), Selenium: 6.24µg (8.91%), Magnesium: 32.12mg (8.03%), Fiber: 1.96g (7.85%), Copper: 0.15mg (7.66%), Iron: 1.37mg (7.61%), Vitamin B1: 0.1mg (6.6%), Folate: 18.35µg (4.59%), Vitamin B3: 0.87mg (4.36%), Vitamin B5: 0.41mg (4.13%), Potassium: 142.1mg (4.06%), Vitamin C: 2.99mg (3.63%), Vitamin D: 0.15µg (1.01%)