



Minty Greek Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 olives black such as kalamata pitted
- ☐ 1 cucumber english cut into chunks
- ☐ 2 cups feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 24 grape tomatoes halved
- ☐ 16 olives green pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

☐ 1 pinch salt and pepper

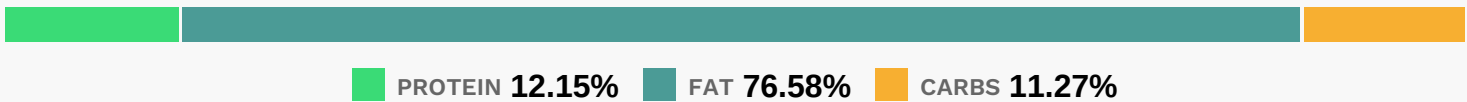
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, combine the feta cheese, tomatoes, olives and cucumbers. In a small bowl, mix the olive oil and lemon juice and season with salt and pepper.
- ☐ Pour the dressing mixture over the vegetables.
- ☐ Garnish with the mint.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:17.309130316195%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 396.63kcal (19.83%), Fat: 34.84g (53.6%), Saturated Fat: 12.55g (78.44%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 8.76g (3.18%), Sugar: 4.3g (4.77%), Cholesterol: 66.75mg (22.25%), Sodium: 1371.22mg (59.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Calcium: 412.22mg (41.22%), Vitamin B2: 0.68mg (40.22%), Phosphorus: 298.02mg (29.8%), Vitamin K: 30.28µg (28.84%), Vitamin A: 1424.22IU (28.48%), Vitamin E: 3.88mg (25.89%), Vitamin C: 19.37mg (23.48%), Vitamin B6: 0.44mg (22.23%), Vitamin B12: 1.27µg (21.13%), Selenium: 11.77µg (16.82%), Zinc: 2.51mg (16.76%), Potassium: 426.9mg (12.2%), Vitamin B1: 0.18mg (12.2%), Folate: 48.44µg (12.11%), Fiber: 2.78g (11.11%), Manganese: 0.21mg (10.61%), Vitamin B5: 1.03mg (10.32%), Magnesium: 40.19mg (10.05%), Copper: 0.16mg (7.93%), Vitamin B3: 1.53mg (7.63%), Iron: 1.27mg (7.08%), Vitamin D: 0.3µg (2%)