






 **88%**  
HEALTH SCORE

# Oat Grain-Feta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN  
  
**33 min.**

SERVINGS  
  
**4**

CALORIES  
  
**130 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 0.5 cup celery finely chopped
- 1 cup cucumber seeded chopped
- 4 ounce feta cheese with basil and sun-dried tomatoes crumbled
- 0.5 cup mint leaves fresh chopped
- 0.8 cup parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated

- 1 cup oat groats uncooked
- 0.5 cup onion red chopped
- 0.5 teaspoon salt
- 2 cups water

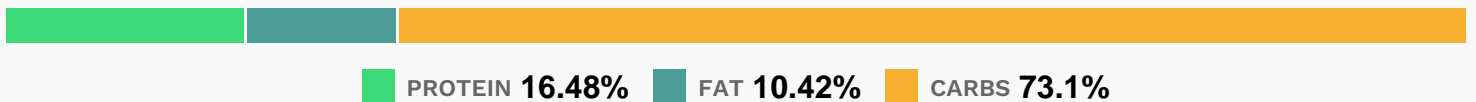
## Equipment

- bowl
- sauce pan

## Directions

- Bring water to a boil in a medium saucepan; stir in groats. Bring mixture to a boil; cover, reduce heat, and simmer 24 to 26 minutes or just until tender.
- Combine groats, cucumber, and next 8 ingredients in a bowl; set aside.
- Drain groats and rinse under cold water.
- Drain well, and add to cucumber mixture. Cover and chill 3 hours.
- Add feta cheese; toss gently before serving.

## Nutrition Facts



## Properties

Glycemic Index:58.75, Glycemic Load:8.16, Inflammation Score:-9, Nutrition Score:23.862608671188%

## Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 24.9mg, Apigenin: 24.9mg, Apigenin: 24.9mg, Apigenin: 24.9mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 129.92kcal (6.5%), Fat: 1.72g (2.64%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 21.43g (7.79%), Sugar: 17.13g (19.03%), Cholesterol: 0mg (0%), Sodium: 375.11mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin K: 202.88µg (193.22%), Vitamin D: 24.63µg (164.19%), Vitamin C: 34.58mg (41.92%), Potassium: 1215.13mg (34.72%), Manganese: 0.68mg (34.24%), Vitamin A: 1639.24IU (32.78%), Copper: 0.5mg (24.84%), Iron: 4.17mg (23.16%), Fiber: 5.67g (22.66%), Magnesium: 74.4mg (18.6%), Vitamin B2: 0.31mg (18.44%), Calcium: 167.13mg (16.71%), Vitamin B3: 2.9mg (14.49%), Folate: 57.38µg (14.34%), Phosphorus: 129.18mg (12.92%), Vitamin B1: 0.19mg (12.65%), Vitamin B6: 0.18mg (8.77%), Vitamin B5: 0.81mg (8.07%), Zinc: 0.88mg (5.87%), Selenium: 1.87µg (2.67%)