



## Preserved lemon & tomato salad with feta

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 large tomatoes fresh thick deseeded cut into strips
- ☐ 1 large onion red thinly sliced
- ☐ 1 simple preserved lemons cut into thin strips (see tip)
- ☐ 200 g feta cheese
- ☐ 2 tbsp olive oil
- ☐ 0.5 juice of lemon
- ☐ 1 small bunch flat parsley shredded finely
- ☐ 4 servings top

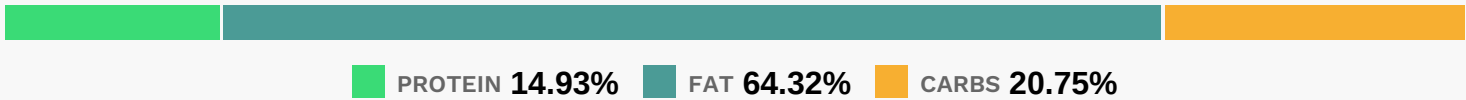
# Equipment

☐ bowl

# Directions

- ☐ Put the tomatoes, onion and lemon in a shallow bowl or platter. Crumble the feta over, drizzle with oil and lemon juice, and scatter over the herbs.
- ☐ Toss gently just before serving along with chunks of warm, crusty bread.

# Nutrition Facts



# Properties

Glycemic Index:51.13, Glycemic Load:3.49, Inflammation Score:-9, Nutrition Score:21.288260713868%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

# Nutrients (% of daily need)

Calories: 246.89kcal (12.34%), Fat: 18.29g (28.14%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 10.11g (3.68%), Sugar: 6.22g (6.91%), Cholesterol: 44.5mg (14.83%), Sodium: 594.38mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin K: 253.31µg (241.25%), Vitamin A: 2928.26IU (58.57%), Vitamin C: 47.37mg (57.42%), Calcium: 291.51mg (29.15%), Vitamin B2: 0.48mg (28.4%), Phosphorus: 229.77mg (22.98%), Vitamin B6: 0.41mg (20.31%), Folate: 72.17µg (18.04%), Potassium: 586.54mg (16.76%), Vitamin E: 2.2mg (14.67%), Manganese: 0.29mg (14.27%), Vitamin B12: 0.85µg (14.08%), Zinc: 1.96mg (13.07%), Fiber: 3.17g (12.67%), Vitamin B1: 0.18mg (11.82%), Selenium: 7.94µg (11.34%), Iron: 1.84mg (10.22%), Magnesium: 39.94mg (9.98%), Vitamin B3: 1.85mg (9.23%), Copper: 0.16mg (7.87%), Vitamin B5: 0.74mg (7.45%), Vitamin D: 0.2µg (1.33%)