



Quick Greek Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce marinated artichoke heart quarters
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 medium cucumber
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 large bell pepper green
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 3 tablespoons juice of lemon
- ☐ 1 head lettuce green

- ☐ 8 olives pitted ripe
- ☐ 1 small onion
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 8 plum tomatoes
- ☐ 0.5 teaspoon salt

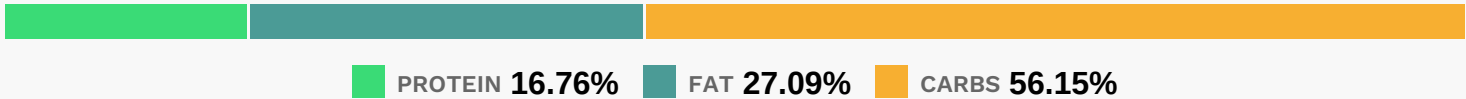
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut tomatoes into wedges, and seed.
- ☐ Cut cucumber into thin slices; cut bell pepper into thin strips.
- ☐ Cut onion into slices, and separate into rings.
- ☐ Drain artichoke hearts, reserving 1/4 cup marinade.
- ☐ Whisk together reserved artichoke marinade, next 5 ingredients, and, if desired, sugar in a large bowl.
- ☐ Add cut vegetables, artichokes, lettuce, and olives, tossing to coat. Cover and chill at least 30 minutes.
- ☐ Sprinkle with feta cheese just before serving.
- ☐ Serve with pita wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:16.672608735121%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg,

Naringenin: 0.67mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 80.71kcal (4.04%), Fat: 2.56g (3.95%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.03g (2.92%), Sugar: 5.32g (5.91%), Cholesterol: 5.56mg (1.85%), Sodium: 581.28mg (25.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin A: 5311.47IU (106.23%), Vitamin K: 89.14µg (84.9%), Vitamin C: 43.67mg (52.93%), Manganese: 0.36mg (18.08%), Fiber: 3.92g (15.7%), Potassium: 446.03mg (12.74%), Vitamin B6: 0.25mg (12.4%), Folate: 49.32µg (12.33%), Vitamin B2: 0.14mg (8.19%), Calcium: 80.91mg (8.09%), Vitamin B1: 0.12mg (7.82%), Phosphorus: 76.26mg (7.63%), Magnesium: 28.55mg (7.14%), Vitamin E: 0.98mg (6.53%), Iron: 1.16mg (6.46%), Copper: 0.13mg (6.37%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.35mg (3.53%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.11µg (1.76%)