



Quick Greek Salad for Two

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cucumbers chopped
- 0.3 cup athenos feta cheese crumbled traditional
- 0.3 cup pasilla peppers green coarsely chopped
- 0.5 tsp lemon zest grated
- 0.3 cup onions red thinly sliced
- 1 tomatoes coarsely chopped
- 2 Tbsp greek vinaigrette dressing kraft

Equipment

Directions

Combine all ingredients.

Nutrition Facts

PROTEIN 10.09% **FAT 70.24%** **CARBS 19.67%**

Properties

Glycemic Index:11.7, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.7652173758201%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 30.51kcal (1.53%), Fat: 2.47g (3.79%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.85g (0.94%), Cholesterol: 3.34mg (1.11%), Sodium: 43.94mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin C: 5.53mg (6.7%), Vitamin K: 5.45µg (5.19%), Vitamin A: 141.77IU (2.84%), Vitamin B2: 0.04mg (2.32%), Calcium: 23.01mg (2.3%), Vitamin B6: 0.05mg (2.29%), Phosphorus: 20.3mg (2.03%), Potassium: 62.34mg (1.78%), Manganese: 0.03mg (1.72%), Vitamin E: 0.24mg (1.6%), Fiber: 0.38g (1.53%), Folate: 6.05µg (1.51%), Vitamin B1: 0.02mg (1.23%), Magnesium: 4.45mg (1.11%), Copper: 0.02mg (1.1%), Zinc: 0.16mg (1.09%), Vitamin B12: 0.06µg (1.06%)