



Rob's Mind Blowing Authentic Greek Salad (Serves 4)

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



2

CALORIES



745 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup avocado sliced
- 0.1 cup balsamic vinegar
- 0.3 cup capers
- 1 cup cucumber sliced quartered
- 1 cup feta cheese cubed
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped

- 0.3 cup optional: dill fresh chopped
- 0.5 cup artichoke hearts quartered
- 0.1 cup garlic chopped
- 1 tablespoon pepper fresh
- 0.5 cup hearts of palm sliced
- 0.5 cup kalamata olives
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 0.5 cup onion diced red
- 0.1 cup red wine vinegar
- 1 cup roma tomatoes sliced quartered
- 2 tablespoons sea salt
- 0.5 cup bell pepper diced yellow

Equipment

- bowl
- knife

Directions

- This dish is easy to make and a big hit full of flavor, the trick is to shop for the best ingredients possible at a good grocery store. If you get good produce then the rest is cake. Watch your fingers with this one as it's all slicing and chopping with a sharp knife. You'll need a big serving/mixing salad bowl. Prepare all the above items and then mix/toss. Enjoy with loads of red wine, pita, hummus, grilled chicken kabobs, basmati rice, and endlessly silly dancing with fun Greek friends. Don't even THINK about adding lettuce to this recipe, you'll blow it you silly American! :). This dish serves four but I usually make it for groups of 20 so just time 5 and it works great! Same with the wine.

Nutrition Facts

PROTEIN 9.86% **FAT 64.06%** **CARBS 26.08%**

Properties

Glycemic Index:207, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:41.923478665559%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 29.91mg, Kaempferol: 29.91mg, Kaempferol: 29.91mg, Kaempferol: 29.91mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 50.44mg, Quercetin: 50.44mg, Quercetin: 50.44mg, Quercetin: 50.44mg

Nutrients (% of daily need)

Calories: 744.9kcal (37.24%), Fat: 55.14g (84.83%), Saturated Fat: 15.46g (96.62%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 38.83g (14.12%), Sugar: 19.67g (21.85%), Cholesterol: 66.75mg (22.25%), Sodium: 9023.53mg (392.33%), Alcohol: 0g (100%), Protein: 19.1g (38.2%), Vitamin C: 122.81mg (148.86%), Vitamin K: 75.58µg (71.98%), Vitamin B6: 1.34mg (67.25%), Potassium: 2166.16mg (61.89%), Manganese: 1.23mg (61.54%), Vitamin B2: 1mg (59.08%), Folate: 213.24µg (53.31%), Calcium: 520.01mg (52%), Vitamin A: 2562.89IU (51.26%), Vitamin E: 7.37mg (49.15%), Phosphorus: 487.44mg (48.74%), Fiber: 11.67g (46.68%), Copper: 0.92mg (45.79%), Zinc: 5.61mg (37.41%), Magnesium: 106.25mg (26.56%), Iron: 4.67mg (25.95%), Vitamin B1: 0.34mg (22.78%), Vitamin B12: 1.27µg (21.13%), Selenium: 14.3µg (20.42%), Vitamin B3: 4.03mg (20.16%), Vitamin B5: 1.92mg (19.16%), Vitamin D: 0.3µg (2%)