



## Romaine and Greek Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 1 cucumber peeled chopped
- 4 ounces feta cheese with basil and sun-dried tomatoes crumbled
- 16 grape tomatoes halved
- 0.3 cup dressing italian low-fat
- 12 kalamata olives pitted coarsely chopped
- 4 ounces pre mushrooms
- 1 tablespoons oregano dried

- 0.3 cup onion red thinly sliced
- 4 cups d torn romaine lettuce

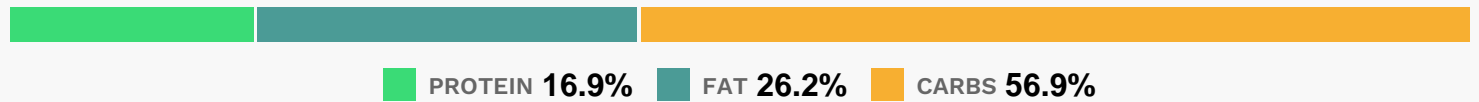
## Equipment

- bowl

## Directions

- Combine first 8 ingredients in a large bowl; toss gently.
- Add dressing and cheese just before serving; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:46.83, Glycemic Load:9.01, Inflammation Score:-10, Nutrition Score:31.484782646532%

## Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 265.24kcal (13.26%), Fat: 8.48g (13.04%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 29.38g (10.68%), Sugar: 16.73g (18.59%), Cholesterol: 0mg (0%), Sodium: 679.57mg (29.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.61%), Vitamin A: 5052.3IU (101.05%), Manganese: 1.72mg (86.01%), Vitamin K: 87.34µg (83.18%), Fiber: 12.03g (48.12%), Potassium: 1647.71mg (47.08%), Vitamin B6: 0.81mg (40.44%), Copper: 0.81mg (40.29%), Folate: 141.4µg (35.35%), Vitamin C: 26.24mg (31.81%), Iron: 5.45mg (30.29%), Magnesium: 116.7mg (29.17%), Phosphorus: 266.79mg (26.68%), Vitamin B3: 4.43mg (22.14%), Vitamin B1: 0.3mg (20.15%), Vitamin B2: 0.34mg (20.14%), Vitamin B5: 1.68mg (16.78%), Calcium: 133.71mg (13.37%), Zinc: 1.89mg (12.58%), Selenium: 7.16µg (10.23%), Vitamin E: 1.47mg (9.77%)