

Shepherd's Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cucumber diced peeled
- 0.5 cup parsley fresh minced
- 1 cup bell pepper diced green
- 0.3 cup green onions sliced
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

1.5 cups tomatoes diced

2 tablespoons water

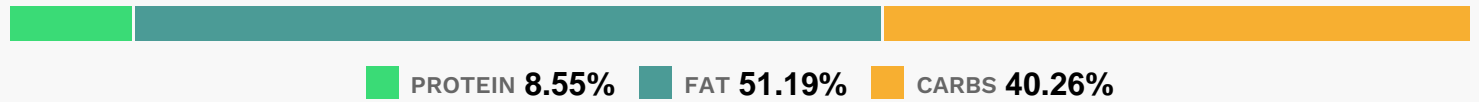
Equipment

bowl

Directions

Combine all ingredients in a medium bowl. Chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:7.1265216476243%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 30.66kcal (1.53%), Fat: 1.92g (2.96%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 78.03mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 76.01µg (72.39%), Vitamin C: 28.06mg (34.01%), Vitamin A: 671.67IU (13.43%), Potassium: 161.99mg (4.63%), Folate: 18.28µg (4.57%), Manganese: 0.08mg (4.22%), Fiber: 1.03g (4.12%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.54mg (3.6%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.6%), Magnesium: 10.19mg (2.55%), Vitamin B1: 0.03mg (2.23%), Phosphorus: 18.3mg (1.83%), Vitamin B3: 0.34mg (1.7%), Calcium: 15.93mg (1.59%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.07%)