



Simple Greek salad

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

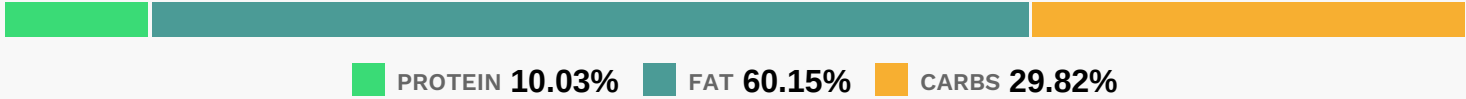
- ☐ 450 ml best quality tomato you can find cored cut into chunks canned
- ☐ 1 onion red cut into chunks
- ☐ 6 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 1 handful flatleaf parsley and mint leaves whole
- ☐ 200 g greek feta cheese
- ☐ 20 olives black
- ☐ 4 servings pitta bread

Equipment

Directions

- ☐
- Gently mix together all the ingredients trying not to break up the feta any more and season with black pepper, and sea salt if you want. This is lovely served with hot, griddled pitta bread.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:30.89, Inflammation Score:-7, Nutrition Score:15.882608667664%

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: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 526.9kcal (26.35%), Fat: 35.68g (54.89%), Saturated Fat: 10.08g (63.02%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 36.54g (13.29%), Sugar: 3.33g (3.71%), Cholesterol: 44.5mg (14.83%), Sodium: 1187.86mg (51.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Vitamin K: 35.93µg (34.22%), Calcium: 320.51mg (32.05%), Vitamin B2: 0.5mg (29.45%), Vitamin E: 4.28mg (28.55%), Phosphorus: 249.78mg (24.98%), Manganese: 0.4mg (20.11%), Vitamin C: 15.97mg (19.36%), Vitamin A: 965.03IU (19.3%), Vitamin B1: 0.27mg (18.15%), Vitamin B6: 0.33mg (16.56%), Vitamin B12: 0.85µg (14.08%), Zinc: 2.1mg (14%), Fiber: 3.27g (13.06%), Folate: 48.91µg (12.23%), Selenium: 7.83µg (11.18%), Vitamin B3: 2.22mg (11.08%), Copper: 0.19mg (9.46%), Magnesium: 37.75mg (9.44%), Potassium: 328.14mg (9.38%), Iron: 1.64mg (9.12%), Vitamin B5: 0.82mg (8.21%), Vitamin D: 0.2µg (1.33%)