



Standard Greek Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 cucumber sliced
- 4 ounce feta cheese crumbled
- 2.3 ounce olive green pitted chopped canned
- 0.5 onion red chopped
- 0.3 cup red wine vinegar
- 5 large tomatoes coarsely chopped

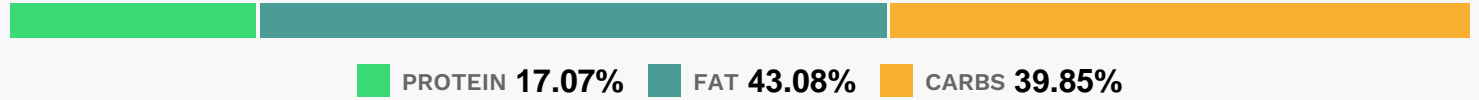
Equipment

- bowl

Directions

- In a large bowl, toss together cucumbers, tomatoes, red onion, feta cheese, and green olives.
- Sprinkle with red wine vinegar. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:6.962608606919%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 64.18kcal (3.21%), Fat: 3.2g (4.92%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 4.62g (1.68%), Sugar: 3.94g (4.38%), Cholesterol: 8.41mg (2.8%), Sodium: 197.52mg (8.59%), Alcohol: 0g (100%), Protein: 2.85g (5.71%), Vitamin C: 14.75mg (17.88%), Vitamin A: 782.55IU (15.65%), Vitamin K: 15.25µg (14.53%), Potassium: 366.45mg (10.47%), Manganese: 0.19mg (9.43%), Vitamin B6: 0.17mg (8.58%), Folate: 32.93µg (8.23%), Fiber: 2.04g (8.15%), Phosphorus: 78.24mg (7.82%), Calcium: 75.79mg (7.58%), Vitamin B2: 0.13mg (7.47%), Copper: 0.15mg (7.26%), Magnesium: 26.38mg (6.59%), Vitamin B1: 0.08mg (5.64%), Vitamin B5: 0.47mg (4.66%), Vitamin E: 0.67mg (4.45%), Zinc: 0.63mg (4.17%), Iron: 0.6mg (3.33%), Vitamin B3: 0.61mg (3.04%), Vitamin B12: 0.16µg (2.66%), Selenium: 1.61µg (2.3%)