



Summer Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pint cherry tomatoes halved
- 1 small cucumber peeled thinly sliced
- 1 tablespoon basil fresh chopped
- 3 garlic cloves minced
- 1 small bell pepper green julienned
- 0.1 teaspoon pepper
- 1 small onion red sliced into rings
- 0.5 cup red wine vinegar

- 0.5 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup vegetable oil

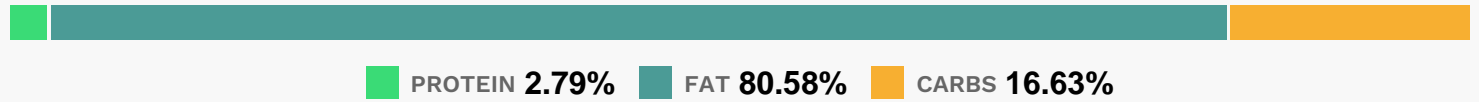
Equipment

- bowl

Directions

- In a large bowl, mix the green bell pepper, red bell pepper, yellow bell pepper, cucumber, parsley, feta cheese, and olive oil. Chill at least 30 minutes in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:7.5578260473583%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 203.83kcal (10.19%), Fat: 18.37g (28.27%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.98g (2.54%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 302.45mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin K: 41.6µg (39.62%), Vitamin C: 32.6mg (39.52%), Vitamin E: 1.91mg (12.73%), Manganese: 0.21mg (10.74%), Vitamin B6: 0.17mg (8.51%), Vitamin A: 413.59IU (8.27%), Potassium: 278.24mg (7.95%), Fiber: 1.54g (6.17%), Copper: 0.11mg (5.41%), Folate: 20.71µg (5.18%), Iron: 0.81mg (4.51%), Phosphorus: 42.74mg (4.27%), Magnesium: 16.86mg (4.21%), Vitamin B1: 0.06mg (4.1%), Calcium: 27.43mg (2.74%), Vitamin B5: 0.24mg (2.39%), Vitamin B3: 0.47mg (2.35%), Vitamin B2: 0.04mg (2.27%), Zinc: 0.26mg (1.74%), Selenium: 0.8µg (1.15%)