



Sylvia's Easy Greek Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large olives black quartered
- 1 cup cucumber peeled seeded chopped
- 0.5 cup feta cheese crumbled
- 0.8 cup bell pepper green chopped
- 0.8 cup bell pepper red chopped
- 0.5 cup onion diced red
- 4 servings salt to taste
- 1 tomatoes chopped

- 0.5 cup vegetable oil
- 2 teaspoons citrus champagne vinegar

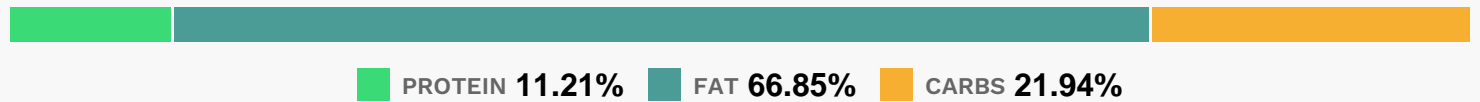
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine the red bell pepper, green bell pepper, cucumber, tomato, red onion, and olives.
- Whisk together the oil and vinegar. Before serving add the oil and vinegar, feta cheese and salt. Toss together and serve.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:11.105217363523%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 134.52kcal (6.73%), Fat: 10.36g (15.94%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.98g (4.42%), Cholesterol: 16.69mg (5.56%), Sodium: 475.1mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin C: 64.99mg (78.78%), Vitamin A: 1353.42IU (27.07%), Vitamin K: 18.76µg (17.86%), Vitamin B6: 0.29mg (14.51%), Vitamin B2: 0.21mg (12.33%), Calcium: 111.87mg (11.19%), Phosphorus: 96.56mg (9.66%), Vitamin E: 1.36mg (9.05%), Folate: 34.83µg (8.71%), Fiber: 2.14g (8.54%), Manganese: 0.16mg (7.87%), Potassium: 269.46mg (7.7%), Vitamin B1: 0.09mg (6.11%), Zinc: 0.79mg (5.28%), Vitamin B12: 0.32µg (5.28%), Magnesium: 19.63mg (4.91%), Selenium: 3.01µg (4.3%), Vitamin B5: 0.43mg (4.3%), Copper: 0.08mg (4.2%), Vitamin B3: 0.82mg (4.11%), Iron: 0.57mg (3.16%)