



Tomato and Feta Village Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large cucumber cut into bite-size chunks
- 8 oz athenos feta cheese crumbled traditional
- 0.5 cup dressing italian kraft
- 1 medium onion red chopped
- 2 medium tomatoes cut into bite-size chunks

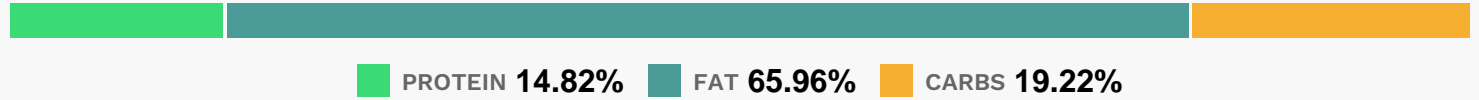
Equipment

- bowl

Directions

- Combine tomatoes, cucumbers, onions and cheese in large bowl.
- Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:6.2930434475774%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 125.61kcal (6.28%), Fat: 9.33g (14.35%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.27g (1.91%), Sugar: 3.46g (3.85%), Cholesterol: 25.23mg (8.41%), Sodium: 471.82mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Calcium: 152.81mg (15.28%), Vitamin B2: 0.26mg (15.15%), Vitamin K: 13.74µg (13.09%), Phosphorus: 116.46mg (11.65%), Vitamin B6: 0.19mg (9.43%), Vitamin A: 406.55IU (8.13%), Vitamin B12: 0.48µg (7.99%), Vitamin C: 6.41mg (7.77%), Selenium: 4.65µg (6.64%), Zinc: 0.96mg (6.41%), Folate: 21.2µg (5.3%), Vitamin B1: 0.08mg (5.01%), Potassium: 170.47mg (4.87%), Manganese: 0.09mg (4.54%), Vitamin B5: 0.4mg (4.02%), Magnesium: 15.08mg (3.77%), Vitamin E: 0.55mg (3.68%), Fiber: 0.85g (3.39%), Copper: 0.06mg (3.01%), Vitamin B3: 0.51mg (2.56%), Iron: 0.41mg (2.29%)