



Tomato Cucumber Feta Salad



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry and/or pear tomatoes sliced in half
- ☐ 1 cup cucumber peeled seeded chopped (and if the seeds are bitter)
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 Tbsp mint leaves thinly sliced
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 Tbsp juice of lemon
- ☐ 2 Tbsp green onions finely chopped
- ☐ 2 teaspoons olive oil extra virgin

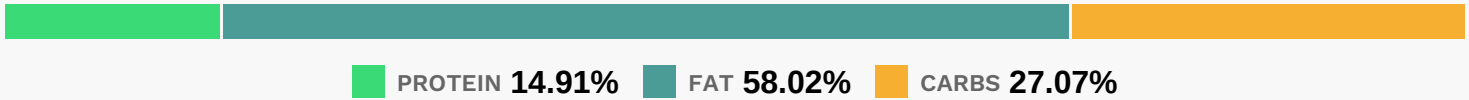
2 servings coarse salt and pepper black freshly ground to taste

Equipment

Directions

Gently toss the tomatoes, cucumber, feta, onions, mint, and oregano together. Dress with lemon juice, olive oil, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:12.544347719006%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 143.44kcal (7.17%), Fat: 9.73g (14.97%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 8.01g (2.91%), Sugar: 5g (5.55%), Cholesterol: 22.25mg (7.42%), Sodium: 304.35mg (13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin C: 40.41mg (48.98%), Vitamin K: 30.62µg (29.16%), Vitamin A: 993.8IU (19.88%), Calcium: 172.12mg (17.21%), Vitamin B2: 0.27mg (16.11%), Manganese: 0.29mg (14.73%), Phosphorus: 144.98mg (14.5%), Vitamin B6: 0.28mg (13.82%), Potassium: 473.57mg (13.53%), Vitamin E: 1.7mg (11.35%), Folate: 45.32µg (11.33%), Iron: 1.86mg (10.32%), Copper: 0.18mg (9.17%), Fiber: 2.2g (8.81%), Vitamin B1: 0.12mg (8.03%), Magnesium: 31.3mg (7.83%), Zinc: 1.11mg (7.37%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.65µg (6.65%), Vitamin B5: 0.62mg (6.21%), Vitamin B3: 1.16mg (5.82%)