



Tomato & Orange Salad with Feta

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp heinz balsamic vinegar
- 8 oz athenos feta cheese traditional cut into 1/8-inch-thick slices
- 0.7 cup basil fresh loosely packed
- 4 slices navel oranges peeled
- 0.3 cup olive oil
- 0.3 tsp pepper
- 4 large tomatoes cut into 1/4-inch-thick slices

Equipment

Directions

- Arrange tomatoes, oranges and cheese alternately on platter.
- Sprinkle with basil.
- Mix remaining ingredients until blended; drizzle over salad.

Nutrition Facts

PROTEIN 12.46% **FAT 74.5%** **CARBS 13.04%**

Properties

Glycemic Index:27.13, Glycemic Load:1.42, Inflammation Score:-6, Nutrition Score:8.1573913304702%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 153.8kcal (7.69%), Fat: 13.04g (20.07%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.74g (3.05%), Cholesterol: 25.23mg (8.41%), Sodium: 328.43mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin A: 984.74IU (19.69%), Vitamin K: 20.17µg (19.2%), Vitamin C: 13.12mg (15.91%), Calcium: 153.5mg (15.35%), Vitamin B2: 0.26mg (15.2%), Phosphorus: 119.09mg (11.91%), Vitamin E: 1.53mg (10.21%), Vitamin B6: 0.2mg (9.83%), Vitamin B12: 0.48µg (7.99%), Manganese: 0.15mg (7.27%), Potassium: 243.11mg (6.95%), Zinc: 0.99mg (6.6%), Selenium: 4.26µg (6.09%), Folate: 24.26µg (6.07%), Vitamin B1: 0.08mg (5.23%), Fiber: 1.15g (4.6%), Magnesium: 17.08mg (4.27%), Vitamin B3: 0.84mg (4.21%), Vitamin B5: 0.36mg (3.61%), Copper: 0.07mg (3.6%), Iron: 0.55mg (3.07%)