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Mediterranean Summer ••

A refreshing and light recipe inspired by the flavors of the Mediterranean. Perfect for summer gatherings and outdoor picnics.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Tomatoes
250 g	cucumbers
50 g	red onion
100 g	Kalamata Olives
150 g	feta cheese
50 ml	extra virgin olive oil

30 ml	lemon juice
20 g	Fresh Basil
5 g	Salt
2 g	Black pepper

Directions

Step 1

Cut

Chop the tomatoes, cucumbers, and red onion into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the chopped vegetables with the kalamata olives and crumbled feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the olive oil, lemon juice, chopped basil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the salad and toss gently to coat all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the salad for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer

Events

Picnic

Cuisines

Mediterranean

Greek

Middle Eastern

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Difficulty Level

Medium

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