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Feta Cheese Salad ♦♦

A refreshing salad made with feta cheese, fresh vegetables, and a tangy dressing.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	feta cheese
200 g	cucumber
200 g	Tomato
50 g	red onion
50 g	Olives
2 tbsp	olive oil
1 tbsp	lemon juice

0.5 tsp salt

0.5 tsp pepper

Directions

Step 1

Cut

Slice the cucumber, tomato, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 5 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	3 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	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Oktoberfest

Passover

Cost

\$10 to \$20

Demographics

Senior Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The 80/10/10 Diet

The Gerson Therapy

The Rice Diet

The Israeli Army Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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