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Chopped Greek Salad with Creamy Yogurt Dressing ♦

Chopped Greek Salad with Creamy Yogurt Dressing is a refreshing and healthy salad that is packed with flavor. It is made with fresh vegetables, feta cheese, olives, and a creamy yogurt dressing. This salad is perfect for a light lunch or as a side dish for dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Romaine Lettuce
150 g	cucumber
200 g	Cherry Tomatoes
50 g	red onion

100 g	Kalamata Olives
100 g	feta cheese
100 g	greek yogurt
30 ml	Lemon juice
30 ml	Olive oil
1 tsp	Dried Oregano
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cut

In a large bowl, combine the romaine lettuce, cucumber, cherry tomatoes, red onion, Kalamata olives, and feta cheese.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mix

In a small bowl, whisk together the Greek yogurt, lemon juice, olive oil, dried oregano, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mix

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
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%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Halloween

Valentine's Day

Mother's Day

Father's Day

Anniversary

Baby Shower

Barbecue

Picnic

Cuisines

Mediterranean

Greek

Spanish

German

Vietnamese

American

Middle Eastern

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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