



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Greek Salad

Greek salad is a traditional dish from Greece. It is made with fresh vegetables, feta cheese, olives, and olive oil. The salad is often served as a side dish or as a light meal. It is refreshing and packed with flavors.

**Recipe Type:** Vegan

**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	Tomatoes
250 g	cucumbers
100 g	red onion
200 g	feta cheese
100 g	Kalamata Olives

30 g	extra virgin olive oil
15 g	red wine vinegar
5 g	salt
2 g	black pepper

## Directions

---

### Step 1

Cut

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Mixing

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, salt, and black pepper to make the dressing.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 4

Mixing

Pour the dressing over the salad and toss to combine.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve the Greek salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 15 g

**Protein:** 6 g

**Carbohydrates:** 8 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	35 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	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	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue

### Cuisines

Mediterranean Greek Spanish American Middle Eastern

### Nutritional Content

High Protein Low Fat Low Carb High Fiber Sugar-Free High Vitamin C

High Calcium

### Course

Appetizers Salads Snacks Sauces & Dressings

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)