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Feta and Veggie Salad ••

A refreshing and healthy salad made with feta cheese and fresh vegetables. Perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	feta cheese
200 g	cucumber
200 g	Tomato
100 g	red onion
50 g	kalamata olives
30 ml	extra virgin olive oil

30 ml	lemon juice
1 tsp	Dried Oregano
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Cutting

Cut the cucumber, tomato, and red onion into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the cucumber, tomato, red onion, and Kalamata olives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Crumble the feta cheese over the vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Whisking

In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle the dressing over the salad and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	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	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Anniversary

Cuisines

Italian

Spanish

Preparation Time

15 Minutes or Less

Nutritional Content

Low Calorie

Low Fat

High Fiber

Sugar-Free

Kitchen Tools

Blender

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

\$10 to \$20

\$30 to \$40

Demographics

Kids Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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