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Greek Salad - Lil'

Greek Salad is a traditional Greek dish that is typically consumed as a side dish or appetizer. It is made with fresh vegetables and feta cheese, and is often served with olive oil and lemon dressing. This recipe is a lighter version of the traditional Greek Salad, as it does not include any dressing.

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	cucumber
250 g	Tomatoes
50 g	red onion
100 g	Kalamata Olives
200 g	feta cheese

Directions

Step 1

Cut

Slice the cucumber and tomatoes into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Thinly slice the red onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cut

Pit and chop the Kalamata olives.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Crumble the feta cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Mix

Combine all the ingredients in a large bowl and toss gently to mix.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Refrigerating

Serve immediately or refrigerate until ready to serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 12 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	25 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	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Events

Barbecue Game Day

Cuisines

Japanese Mediterranean Greek

Course

Salads Sauces & Dressings

Demographics

Diabetic Friendly

Diet

Mediterranean Diet Weight Watchers (WW) Diet Vegetarian Diet
 Raw Food Diet The Fast Metabolism Diet Nutrient Timing Diet
 The Gerson Therapy The Scarsdale Diet The Rice Diet
 The Sleeping Beauty Diet The Werewolf Diet

Meal Type

Brunch Supper

Difficulty Level

Medium

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