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Greek Goddess Medley ♦♦

The Greek Goddess Medley is a vegan recipe that combines fresh and flavorful ingredients to create a delicious and healthy meal. This recipe is inspired by the Mediterranean diet and is packed with nutrients and antioxidants. It is perfect for those following a vegan or plant-based diet.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	cucumber
200 g	Tomato
50 g	red onion
50 g	Kalamata Olives
30 g	extra virgin olive oil

30 ml	lemon juice
10 g	fresh dill
10 g	fresh mint
5 g	salt
2 g	black pepper

Directions

Step 1

Cut

Chop the cucumber, tomato, red onion, and olives into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Stirring

Drizzle the extra virgin olive oil and lemon juice over the salad.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the fresh dill, mint, salt, and black pepper over the salad.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stirring

Toss the salad gently to combine all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Greek Goddess Medley salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 1 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 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	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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Greek Mediterranean

Kitchen Tools

Grill Slow Cooker Pressure Cooker Air Fryer Food Processor

Course

Appetizers Salads Soups Sauces & Dressings

Cultural

St. Patrick's Day Christmas Easter

Cost

Under \$10

Demographics

Kids Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Supper

Lunch

Dinner

Difficulty Level

Medium

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