



## RED, YELLOW, BLACK TOMATOES AND FETA CHEESE SALAD

 15 minutes 15 minutes 3 portions

### INGREDIENTS

- 1 whole large unit (3" dia) of tomatoes, red, ripe, raw, year round average (182 g)
- 1 unit of tomatoes, yellow, raw (212 g)
- 2 tomato of tomatoes (222 g) black tomatoes
- 200 grams of cheese "Feta"
- 1 small unit of onions, raw (70 g)
- 10 grams of peppers, chili, red
- 1 teaspoon of oil, olive (3 g)
- 1 gram of salt

### COOKING METHOD

- 1° Cut the tomatoes and cheese into slices, onion and pepper into thin rings, mix all the ingredients in a bowl and season with olive oil and salt to taste!

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (300 g)	% DRI
ENERGY	65 kcal	196 kcal	10 %
FAT	4 g	12 g	19 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	36 %
CHOLESTEROL	20 mg	59 mg	20 %
SODIUM	305 mg	915 mg	38 %
CARBOHYDRATE	3 g	10 g	3 %
SUGARS	1 g	3 g	-
FIBER	1 g	2 g	9 %
PROTEIN	5 g	14 g	-