

MEDITERRANEAN FRESH MIX SALAD

 10 minutes

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 1 Serving

INGREDIENTS

- 1 cup slices of cucumber, with peel, raw [104 g]
- 1 cup cherry tomatoes of tomatoes, red, ripe, raw, year round average [149 g]
- 10 units of olives, pickled, red or green [27 g]
- 1 wedge [1.33 oz] of cheese Feta ANY [38 g]
- 1/4 cup, chopped of onions RED, raw [40 g]
- 1/2 cup, chopped of peppers, sweet, yellow and red, raw [75 g]
- 1 tbsp of vinegar, balsamic [16 g]
- 1 Tablespoon of olive Oil [15 g]

COOKING METHOD

- 1° Add all the Ingredient together and mix the Balsamic Vinegar and Olive Oil together as a dressing. Salt and Pepper to taste

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (463 g)	% DRI
ENERGY	76 kcal	350 kcal	18 %
FAT	6 g	26 g	41 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	38 %
CHOLESTEROL	7 mg	34 mg	11 %
SODIUM	188 mg	870 mg	36 %
CARBOHYDRATE	5 g	23 g	8 %
SUGARS	3 g	13 g	—
FIBER	1 g	5 g	22 %
PROTEIN	2 g	9 g	—