



GREEK SALAD

4 portions

INGREDIENTS

- 100 grams of baby spinach, raw
- 100 grams of roasted capsicum, sliced
- 1 Lebanese cucumber, roughly Chopped [301 g]
- 75 grams of cheese, feta
- 1/2 Cup of kalamata olives [90 g]
- 50 grams of Snow Pea Sprouts
- 2.5 tbsps of lemon juice
- 1 tsp of oil, olive, salad or cooking [5 g]
- 1/4 of red onions, diced [38 g]
- 1 cup of cherry tomatoes , sliced [149 g]

COOKING METHOD

- 1° Place spinach, capsicum, cucumber, sprouts, feta and olives in a bowl. Toss to combine. Divide salad among plates. Drizzle with lemon juice and olive oil. Toss slightly. Season with pepper. Serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [236 g]	% DRI
ENERGY	64 kcal	152 kcal	8 %
FAT	4 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	7 mg	17 mg	6 %
SODIUM	258 mg	610 mg	25 %
CARBOHYDRATE	4 g	10 g	3 %
SUGARS	2 g	4 g	—
FIBER	1 g	2 g	9 %
PROTEIN	2 g	6 g	—