

Greek Salad with Feta, Hummus, Salad, and Pita Bread

🕒 45 min 🍽️ 4 servings

532 Kcal / serving

17g Protein 31g Fat 50g Carbs

Ingredients

- Feta cheese, 1 cup (150.6 g)
- Lemon juice, 2 tablespoons (30 g)
- Oregano, 1 teaspoons (2 g)
- Hummus, 1 cup (246 g)
- Pita bread rounds, 4 pita bread (224 g)
- Cherry tomatoes, 2 cups (298 g)
- Cucumber, 1 100 gram (300 g)
- Kalamata olives, 1/2 cup (67.5 g)
- Onion, 1/4 cup (40 g)
- Parsley, 1/4 cup (15 g)
- Extra virgin olive oil, 1/4 cup (54 g)
- Salt and pepper, 4 servings (2 g)



Instructions

In a large bowl, combine the cherry tomatoes, cucumber, feta cheese, kalamata olives, red onion, and parsley.

In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper.

Pour the dressing over the salad ingredients and toss gently to combine.

Let the salad marinate in the refrigerator for at least 30 minutes to allow the flavors to meld.

Preheat the grill or a grill pan over medium heat.

Grill the pita bread rounds for about 2 minutes on each side, until lightly charred and heated through.

Remove the pita bread from the grill and cut into wedges.

Serve the Greek salad with hummus and grilled pita bread on the side.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2129.1	149	532.3
Protein [g]	67.9	4.8	17
Fat [g]	123.6	8.6	30.9
Carbs [g]	199.7	14	49.9
Fiber [g]	27.6	1.9	6.9



Protein Fat Carbs

Macronutrient breakdown per ingredient (total)

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Feta cheese 1 cup (150.6 g)	397.5	21.4	32	6.2	-
Lemon juice 2 tablespoons (30 g)	6.6	0.1	0.1	2.1	0.1
Oregano 1 teaspoons (2 g)	5.3	0.2	0.1	1.4	0.9
Hummus 1 cup (246 g)	408.4	19.4	23.6	35.2	14.8
Pita bread rounds 4 pita bread (224 g)	616	20.4	2.7	124.8	4.9
Cherry tomatoes 2 cups (298 g)	53.6	2.8	0.3	11.9	2.1
Cucumber 1 100 gram (300 g)	45	2	0.3	10.9	1.5
Kalamata olives 1/2 cup (67.5 g)	97.9	0.7	10.3	2.6	2.2
Onion 1/4 cup (40 g)	16	0.4	-	3.7	0.7
Parsley 1/4 cup (15 g)	5.4	0.4	0.1	0.9	0.5
Extra virgin olive oil 1/4 cup (54 g)	477.4	-	54	-	-
Salt and pepper 4 servings (2 g)	-	-	-	-	-

Micronutrient summary

	TOTAL	/100 G	/SERVING
Water [g]	346.8	24.3	86.7
Energy (KJ) [kJ]	5998.4	419.7	1499.6
Sugars [g]	21.6	1.5	5.4
Fiber [g]	27.6	1.9	6.9
Calcium, Ca [mg]	1209.2	84.6	302.3
Iron, Fe [mg]	15.4	1.1	3.9
Magnesium, Mg [mg]	353.5	24.7	88.4
Phosphorus, P [mg]	1341.5	93.9	335.4
Potassium, K [mg]	2240.5	156.8	560.1
Sodium, Na [mg]	5392.6	377.3	1348.2
Zinc, Zn [mg]	12.1	0.8	3
Copper, Cu [mg]	2.2	0.2	0.6
Fluoride, F [ug]	0	0	0
Manganese, Mn [mg]	3.7	0.3	0.9
Selenium, Se [ug]	32.3	2.3	8.1
Vitamin A, IU [IU]	4047.1	283.2	1011.8
Retinol [ug]	188.2	13.2	47.1
Vitamin A, RAE [ug]	189.9	13.3	47.5
Vitamin E [mg]	12.9	0.9	3.2
Vitamin D [IU]	24.1	1.7	6
Vitamin D2 (ergocalciferol) [ug]	0	0	0
Vitamin D3 (cholecalciferol) [ug]	0.6	0	0.2
Vitamin D [ug]	0.6	0	0.2
Vitamin C [mg]	110.9	7.8	27.7
Thiamin [mg]	1.5	0.1	0.4
Riboflavin [mg]	1.8	0.1	0.5
Niacin [mg]	10.1	0.7	2.5
Pantothenic acid [mg]	4	0.3	1
Vitamin B6 [mg]	1.7	0.1	0.4

Folate, total [ug]	409.1	28.6	102.3
Vitamin B12 [ug]	2.5	0.2	0.6
Choline, total [mg]	25.4	1.8	6.4
Vitamin K [ug]	352.4	24.7	88.1
Folic acid [ug]	0	0	0
Folate, food [ug]	316.9	22.2	79.2
Folate, DFE [ug]	316.9	22.2	79.2
Vitamin E, added [mg]	0	0	0
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	134	9.4	33.5
Fatty acids, total monounsaturated [g]	64.3	4.5	16.1
Fatty acids, total polyunsaturated [g]	11	0.8	2.8
Fatty acids, total transmonoenoic [g]	0	0	0
Fatty acids, total transpolyenoic [g]	0	0	0
Net Carbs [g]	172.1	12	43

Micronutrient breakdown per ingredient (per serving)

	FETA CHEESE	LEMON JUICE	OREGANO	HUMMUS	PITA BREAD ROUNDS	CHERRY TOMATOES	CUCUMBER	KALAMATA OLIVES	ONION	PARSLEY	EXTRA VIRGIN OLIVE OIL	SALT AND PEPPER
Water [g]	20.8	6.9	0.1	41	18	-	-	-	-	-	-	-
Energy (KJ) [kJ]	415.2	6.8	5.6	427.4	644.6	-	-	-	-	-	-	-
Sugars [g]	1.6	0.2	-	-	-	1.9	1.3	0.1	0.4	-	-	-
Fiber [g]	-	-	0.2	3.7	1.2	0.5	0.4	0.6	0.2	0.1	-	-
Calcium, Ca [mg]	185.6	0.5	8	23.4	48.2	8.2	12	8.8	2.3	5.2	0.1	0.1
Iron, Fe [mg]	0.3	-	0.2	1.5	0.8	0.5	0.2	0.1	-	0.2	0.1	-
Magnesium, Mg [mg]	7.2	0.5	1.4	43.7	14.6	6.7	9.8	1.9	1	1.9	-	-
Phosphorus, P [mg]	126.9	0.6	0.8	108.3	54.3	20.9	18	0.7	2.9	2.2	-	-
Potassium, K [mg]	23.4	7.7	6.3	140.2	67.2	162.4	110.3	7.1	14.6	20.8	0.1	0.1

Sodium, Na [mg]	345.2	0.1	0.1	233.1	300.2	8.2	1.5	263.3	0.4	2.1	0.3	193.8
Zinc, Zn [mg]	1.1	-	-	1.1	0.5	0.1	0.2	-	-	0.1	-	-
Copper, Cu [mg]	-	-	-	0.3	0.1	0.1	-	-	-	-	-	-
Fluoride, F [ug]	-	-	-	-	-	-	-	-	-	-	-	-
Manganese, Mn [mg]	-	-	-	0.5	0.3	0.1	0.1	-	-	-	-	-
Selenium, Se [ug]	5.7	-	-	1.6	-	0.4	0.2	0.2	0.1	-	-	-
Vitamin A, IU [IU]	158.9	0.5	8.6	18.5	-	364.3	78.8	66.3	0.2	315.9	-	-
Retinol [ug]	47.1	-	-	-	-	-	-	-	-	-	-	-
Vitamin A, RAE [ug]	47.1	-	0.4	-	-	-	-	-	-	-	-	-
Vitamin E [mg]	0.1	-	0.1	-	-	0.4	-	0.7	-	-	2	-
Vitamin D [IU]	6	-	-	-	-	-	-	-	-	-	-	-
Vitamin D2 (ergocalcifero... [ug]	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin D3 (cholecalcifer... [ug]	0.2	-	-	-	-	-	-	-	-	-	-	-
Vitamin D [ug]	0.2	-	-	-	-	-	-	-	-	-	-	-
Vitamin C [mg]	-	2.9	-	-	-	17	2.1	-	0.8	5	-	-
Thiamin [mg]	0.1	-	-	0.1	0.2	-	-	-	-	-	-	-
Riboflavin [mg]	0.3	-	-	0.1	0.1	-	-	-	-	-	-	-
Niacin [mg]	0.4	-	-	0.4	1.2	0.4	0.1	0.1	-	0.1	-	-
Pantothenic acid [mg]	0.4	-	-	0.1	0.2	0.1	0.2	-	-	-	-	-
Vitamin B6 [mg]	0.2	-	-	0.1	-	0.1	-	-	-	-	-	-
Folate, total [ug]	12.1	1.5	1.2	51.1	13.5	9.7	5.3	0.5	1.9	5.7	-	-
Vitamin B12 [ug]	0.6	-	-	-	-	-	-	-	-	-	-	-
Choline, total [mg]	5.8	0.4	0.2	-	-	-	-	-	-	-	-	-
Vitamin K [ug]	0.7	-	3.1	-	-	2.1	12.3	0.2	0.1	61.5	8.1	-
Folic acid [ug]	-	-	-	-	-	-	-	-	-	-	-	-
Folate, food [ug]	12.1	1.5	1.2	51.1	13.5	-	-	-	-	-	-	-
Folate, DFE [ug]	12.1	1.5	1.2	51.1	13.5	-	-	-	-	-	-	-
Vitamin E, added [mg]	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin B12, added [ug]	-	-	-	-	-	-	-	-	-	-	-	-
Cholesterol [mg]	33.5	-	-	-	-	-	-	-	-	-	-	-
Fatty acids, total monoun... [g]	1.8	-	-	2.5	0.1	-	-	1.9	-	-	9.9	-
Fatty acids, total polyun... [g]	0.2	-	-	2.2	0.3	-	-	-	-	-	-	-

Fatty acids, total transm... [g]	-	-	-	-	-	-	-	-	-	-	-	-
Fatty acids, total transp... [g]	-	-	-	-	-	-	-	-	-	-	-	-
Net Carbs [g]	1.6	0.5	0.1	5.1	30	2.5	2.4	0.1	0.8	0.1	-	-