

60 Best Mediterranean Diet Recipes

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/shamrock-shake-recipes>

Ingredients:

- 3 cups mixed greens
- 15 ounces chickpeas rinsed and drained
- 1 cup grape tomatoes halved
- 2 Persian cucumbers halved and sliced
- 1 cup red onion diced
- 1 cup Kalamata olives pitted
- 1 cup feta cheese crumbled
- 3 tablespoons olive oil
- 1/2 lemon
- 1 teaspoon dried oregano
- 1 teaspoon salt or to taste
- 1 teaspoon ground black pepper or to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 35 milligrams
4. Fat: 23 grams
5. Fiber: 9 grams
6. Protein: 14 grams
7. SaturatedFat: 7 grams
8. Sodium: 1630 milligrams
9. Sugar: 8 grams

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