

# Easy Spinach Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-and-cucumber-salad-recipe-for-indian-food>

## Ingredients:

- fresh spinach
- tomatoes chopped
- cucumbers sliced
- red onion sliced
- red pepper chopped
- feta cheese Josh used Atheno's Black Peppercorn Feta
- balsamic vinegar
- olive oil
- ground black pepper Freshly, if desired

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 105 milligrams
9. Sugar: 3 grams

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