



## 5-Layer Greek Dip

READY IN



10 min.

SERVINGS



8

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

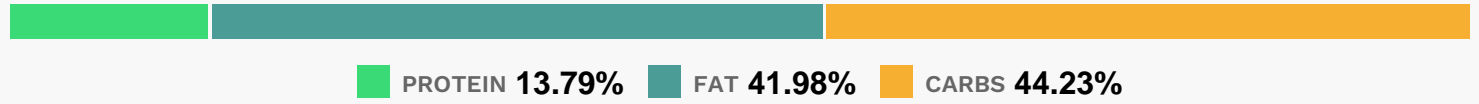
- 0.3 cup cucumbers chopped
- 4 ounce athenos feta cheese crumbled traditional
- 7 ounce athenos original hummus
- 2 tablespoons kalamata olives sliced
- 8 servings athenos pita chips original
- 0.5 cup tomatoes chopped

## Equipment

## Directions

- Spread hummus onto bottom of 9-inch pie plate.
- Cover with layers of remaining ingredients.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:12.94, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:8.7552173344985%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 211.78kcal (10.59%), Fat: 10.02g (15.41%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 20.99g (7.63%), Sugar: 1.65g (1.83%), Cholesterol: 12.62mg (4.21%), Sodium: 526.48mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Manganese: 0.39mg (19.65%), Selenium: 12.06µg (17.23%), Folate: 64.96µg (16.24%), Vitamin B1: 0.23mg (15.23%), Vitamin E: 2.09mg (13.96%), Vitamin B2: 0.22mg (13.2%), Phosphorus: 129.34mg (12.93%), Vitamin B3: 2.32mg (11.59%), Iron: 2.03mg (11.26%), Fiber: 2.76g (11.04%), Copper: 0.19mg (9.28%), Calcium: 86.62mg (8.66%), Magnesium: 32.41mg (8.1%), Zinc: 1.15mg (7.7%), Vitamin B6: 0.15mg (7.52%), Vitamin B12: 0.24µg (3.99%), Potassium: 130.03mg (3.72%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 155.68IU (3.11%), Vitamin C: 1.41mg (1.71%), Vitamin K: 1.65µg (1.58%)