






 **78%**
HEALTH SCORE

Asian Hummus and Grilled-Vegetable Sandwiches

 Vegetarian  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 oz alfalfa sprouts rinsed drained
- 15 oz garbanzos rinsed drained canned
- 1 tablespoons olive oil
- 0.5 cup asian peanut sauce prepared
- 4 pocket breads (6 in.)
- 0.8 lb onion red
- 0.8 lb firm-ripe tomato cored rinsed thinly sliced

5 zucchini ()

Equipment

food processor

knife

blender

grill

Directions

In a blender or food processor, pure garbanzos and peanut sauce, scraping hummus mixture from container sides as needed.

Trim and discard zucchini ends.

Cut zucchini lengthwise into 1/4-inch slices.

Cut onion crosswise into 1/2-inch slices.

Brush vegetables lightly with olive oil.

Place zucchini and onion slices on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook vegetables, turning to brown evenly, 10 to 12 minutes, transferring to a plate as cooked.

Spread cupped side of each pocket bread with 1/4 of the hummus and set on plates. Top each bread equally with zucchini, tomato, onion, and alfalfa sprouts. Eat with knife and fork.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:37.89, Inflammation Score:-9, Nutrition Score:31.061738884967%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.14mg, Myricetin: 0.14mg,

Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 19.62mg, Quercetin: 19.62mg, Quercetin: 19.62mg, Quercetin: 19.62mg

Nutrients (% of daily need)

Calories: 531.81kcal (26.59%), Fat: 12.24g (18.82%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 86.47g (28.82%), Net Carbohydrates: 71.97g (26.17%), Sugar: 22.32g (24.8%), Cholesterol: 0mg (0%), Sodium: 753.28mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Manganese: 2.03mg (101.57%), Vitamin C: 64.34mg (77.99%), Folate: 289.11µg (72.28%), Fiber: 14.5g (57.99%), Potassium: 1352.98mg (38.66%), Phosphorus: 381.02mg (38.1%), Vitamin B6: 0.74mg (37.05%), Copper: 0.7mg (35.19%), Magnesium: 131.38mg (32.84%), Vitamin B1: 0.46mg (30.96%), Iron: 5.33mg (29.59%), Vitamin K: 28.28µg (26.93%), Vitamin A: 1250.83IU (25.02%), Vitamin B2: 0.41mg (24.03%), Zinc: 3.3mg (22%), Vitamin B3: 3.54mg (17.68%), Calcium: 172.09mg (17.21%), Vitamin B5: 1.29mg (12.86%), Vitamin E: 1.65mg (10.99%), Selenium: 4.93µg (7.05%)