



Athenos Five Layer Greek Dip

READY IN



10 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

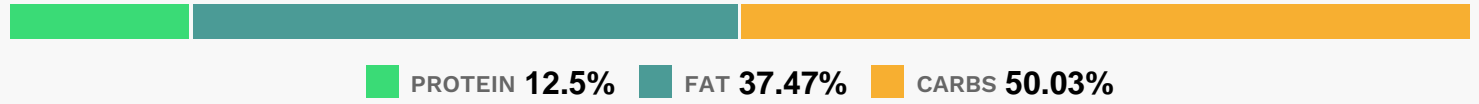
- 0.3 cup cucumber chopped
- 4 oz feta cheese crumbled traditional
- 7 oz water
- 2 tablespoons kalamata olives sliced
- 16 servings pita chips
- 0.5 cup tomatoes chopped

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:6.47, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:6.4682608687359%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 169.87kcal (8.49%), Fat: 7.14g (10.98%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 19.52g (7.1%), Sugar: 1.49g (1.65%), Cholesterol: 6.31mg (2.1%), Sodium: 382.8mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Selenium: 10.66µg (15.24%), Manganese: 0.29mg (14.42%), Vitamin E: 2.02mg (13.45%), Folate: 51.38µg (12.85%), Vitamin B1: 0.19mg (12.84%), Vitamin B3: 2.14mg (10.72%), Iron: 1.66mg (9.2%), Vitamin B2: 0.16mg (9.13%), Phosphorus: 82.03mg (8.2%), Fiber: 1.91g (7.65%), Copper: 0.11mg (5.63%), Magnesium: 21.38mg (5.35%), Zinc: 0.71mg (4.74%), Calcium: 45.69mg (4.57%), Vitamin B6: 0.09mg (4.52%), Potassium: 83.07mg (2.37%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.12µg (2%), Vitamin A: 77.84IU (1.56%)