



ATHENOS Flatbread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



216 kcal

Ingredients

- 4 oz athenos feta cheese with basil & tomato
- 2 Tbsp basil fresh thinly sliced
- 0.5 cup athenos original hummus
- 0.5 cup oil-packed sun-dried tomatoes thinly sliced
- 0.3 cup slivered onions red
- 1 cup nonfat yogurt plain greek-style
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft
- 4 pita breads whole wheat

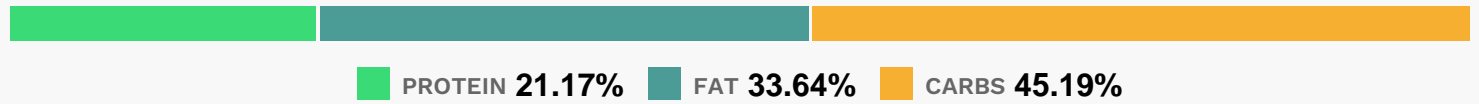
Equipment

- baking sheet
- oven
- blender

Directions

- Heat oven to 400F.
- Blend yogurt and feta in blender until smooth; spread onto pitas.
- Top with all remaining ingredients except basil.
- Place on baking sheet.
- Bake 10 to 15 min. or until mozzarella is melted and lightly browned. Top with basil.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:1.54, Inflammation Score:-5, Nutrition Score:12.823913102565%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 215.7kcal (10.78%), Fat: 8.41g (12.93%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 21.82g (7.93%), Sugar: 6.1g (6.78%), Cholesterol: 24.29mg (8.1%), Sodium: 456.72mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Manganese: 0.77mg (38.36%), Selenium: 18.74µg (26.77%), Phosphorus: 249.68mg (24.97%), Calcium: 223.07mg (22.31%), Vitamin B2: 0.3mg (17.61%), Fiber: 3.59g (14.35%), Magnesium: 56.39mg (14.1%), Copper: 0.28mg (13.93%), Vitamin B1: 0.2mg (13.5%), Zinc: 1.98mg (13.19%), Vitamin B12: 0.75µg (12.43%), Potassium: 427.94mg (12.23%), Iron: 2.1mg (11.66%), Vitamin B6: 0.22mg (10.89%), Vitamin K: 10.54µg (10.04%), Folate: 38.45µg (9.61%), Vitamin B3: 1.72mg (8.6%), Vitamin B5: 0.76mg (7.59%), Vitamin A: 304.48IU (6.09%), Vitamin C: 3.62mg (4.39%), Vitamin E: 0.24mg (1.58%)