



ATHENOS Seven-Layer Dip

READY IN



10 min.

SERVINGS



10

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

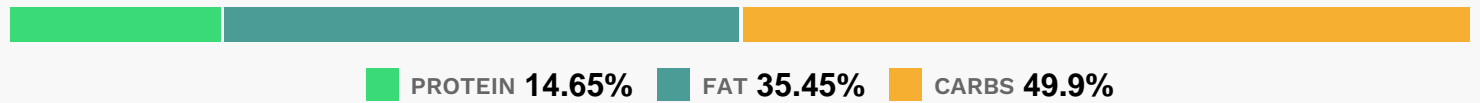
- 0.5 cup cucumbers seeded chopped
- 4 oz athenos feta cheese with basil & tomato crumbled
- 7 oz athenos original hummus
- 0.3 cup kalamata olives chopped
- 12 oz athenos pita chips original
- 1 cup nonfat yogurt plain greek-style
- 0.5 cup onions red finely chopped
- 0.5 cup sun-dried tomatoes chopped

Equipment

Directions

- Spread hummus onto plate.
- Top with layers of all remaining ingredients except chips.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:11.646521539792%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 255.26kcal (12.76%), Fat: 10.26g (15.78%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.03g (10.56%), Sugar: 6.02g (6.69%), Cholesterol: 10.58mg (3.53%), Sodium: 572.86mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Manganese: 0.5mg (24.88%), Selenium: 14.74µg (21.06%), Vitamin B1: 0.29mg (19.4%), Folate: 75.26µg (18.81%), Phosphorus: 177.22mg (17.72%), Vitamin B2: 0.3mg (17.71%), Vitamin E: 2.51mg (16.74%), Vitamin B3: 3.17mg (15.85%), Iron: 2.69mg (14.94%), Fiber: 3.45g (13.82%), Calcium: 128.56mg (12.86%), Copper: 0.25mg (12.49%), Magnesium: 46.13mg (11.53%), Potassium: 369.43mg (10.56%), Zinc: 1.39mg (9.26%), Vitamin B6: 0.17mg (8.51%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.34µg (5.68%), Vitamin C: 3.18mg (3.86%), Vitamin K: 3.58µg (3.41%), Vitamin A: 121.8IU (2.44%)