



ATHENOS Seven-Layer Dip

READY IN



10 min.

SERVINGS



24

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

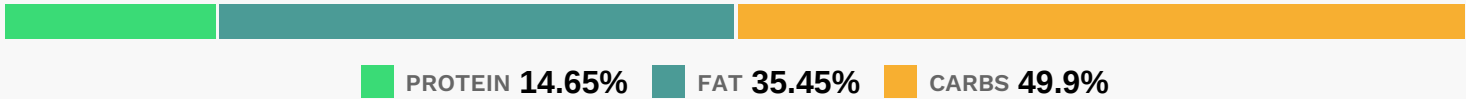
- ☐ 0.5 cup cucumber seeded chopped
- ☐ 4 oz feta cheese with basil & tomato crumbled
- ☐ 7 oz water
- ☐ 0.3 cup kalamata olives chopped
- ☐ 12 oz pita chips
- ☐ 1 cup yogurt plain greek-style
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 cup sun-dried olives chopped

Equipment

Directions

- ☐ SPREAD hummus onto plate.
- ☐ TOP with layers of all remaining ingredients except chips.
- ☐ SERVE with chips.
- ☐ How to Seed a Cucumber: Trim ends from cucumber, then cut lengthwise in half. Use the tip of a teaspoon to gently scrape out seeds from each half starting at the top and moving downward in one direction.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:4.8534783021263%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 106.36kcal (5.32%), Fat: 4.27g (6.57%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 12.1g (4.4%), Sugar: 2.51g (2.79%), Cholesterol: 4.41mg (1.47%), Sodium: 238.69mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 0.21mg (10.37%), Selenium: 6.14µg (8.77%), Vitamin B1: 0.12mg (8.08%), Folate: 31.36µg (7.84%), Vitamin B2: 0.13mg (7.38%), Phosphorus: 73.84mg (7.38%), Vitamin E: 1.05mg (6.97%), Vitamin B3: 1.32mg (6.61%), Iron: 1.12mg (6.23%), Fiber: 1.44g (5.76%), Calcium: 53.57mg (5.36%), Copper: 0.1mg (5.21%), Magnesium: 19.22mg (4.8%), Potassium: 153.93mg (4.4%), Zinc: 0.58mg (3.86%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.14µg (2.37%), Vitamin C: 1.33mg (1.61%), Vitamin K: 1.49µg (1.42%), Vitamin A: 50.75IU (1.02%)