



Chopped Hummus Dip with Za'atar

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 19 oz garbanzo beans rinsed drained coarsely chopped canned (garbanzo beans)
- ☐ 2 oz feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 cups yogurt plain yoplait® (from 2-lb container)
- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup cucumber english chopped
- ☐ 1 medium plum tomatoes seeded chopped (Roma)
- ☐ 2 teaspoons suya seasoning mix
- ☐ 5.5 oz tortilla chips food should taste good®

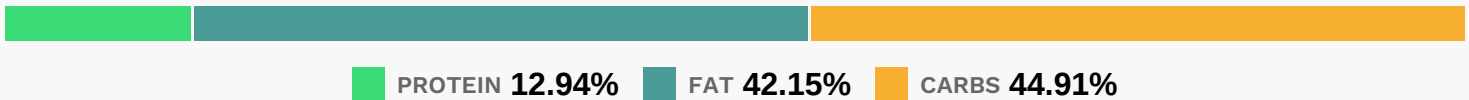
Equipment

- ☐ bowl

Directions

- ☐ Spread yogurt on medium serving platter.
- ☐ In medium bowl, mix chickpeas, parsley, lemon peel, salt and pepper until well mixed; spoon over yogurt. Top with olives, feta cheese, tomato and cucumber.
- ☐ Drizzle with olive oil; sprinkle with za'atar seasoning.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:3.07, Inflammation Score:-5, Nutrition Score:11.445652205011%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 228.3kcal (11.41%), Fat: 11.07g (17.03%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 21.56g (7.84%), Sugar: 2.72g (3.03%), Cholesterol: 12.28mg (4.09%), Sodium: 515.4mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Vitamin K: 45.57µg (43.4%), Manganese: 0.64mg (31.86%), Vitamin B6: 0.42mg (21.21%), Fiber: 4.97g (19.89%), Phosphorus: 171.91mg (17.19%), Calcium:

162.63mg (16.26%), Magnesium: 48.12mg (12.03%), Iron: 1.85mg (10.26%), Vitamin E: 1.48mg (9.86%), Vitamin B2: 0.16mg (9.51%), Zinc: 1.29mg (8.61%), Folate: 32.28µg (8.07%), Copper: 0.15mg (7.69%), Potassium: 265.47mg (7.58%), Vitamin B5: 0.73mg (7.25%), Vitamin A: 358.89IU (7.18%), Selenium: 4.41µg (6.3%), Vitamin C: 4.71mg (5.71%), Vitamin B1: 0.08mg (5.53%), Vitamin B12: 0.29µg (4.83%), Vitamin B3: 0.51mg (2.53%)