



## Chunky Vegetable Hummus Spread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



47 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

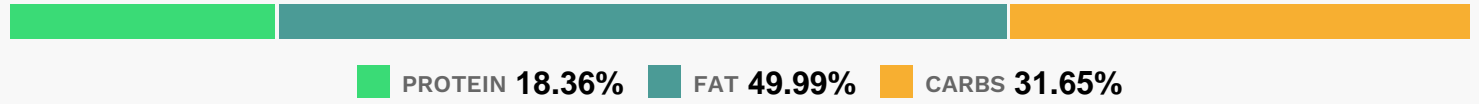
- 0.5 cup cucumbers seeded chopped
- 0.3 cup athenos feta cheese crumbled traditional
- 7 oz athenos original hummus
- 1 plum tomatoes chopped
- 0.3 cup onions red finely chopped
- 3 7-inch pita breads whole wheat ()

### Equipment

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:13.05, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:2.8391304161886%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 47.18kcal (2.36%), Fat: 2.74g (4.22%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.43g (0.48%), Cholesterol: 3.34mg (1.11%), Sodium: 119.83mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Manganese: 0.18mg (8.84%), Copper: 0.12mg (5.83%), Fiber: 1.4g (5.59%), Phosphorus: 52.15mg (5.21%), Folate: 20.4µg (5.1%), Magnesium: 16.89mg (4.22%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.5mg (3.36%), Vitamin B1: 0.05mg (3.25%), Iron: 0.56mg (3.1%), Vitamin B2: 0.05mg (2.85%), Calcium: 28.54mg (2.85%), Potassium: 77.66mg (2.22%), Selenium: 1.24µg (1.77%), Vitamin C: 1.36mg (1.65%), Vitamin A: 78.29IU (1.57%), Vitamin B12: 0.06µg (1.06%), Vitamin B3: 0.21mg (1.03%), Vitamin K: 1.06µg (1.01%)