



Cool & Tangy Greek Snacks

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



33 kcal

SIDE DISH

Ingredients

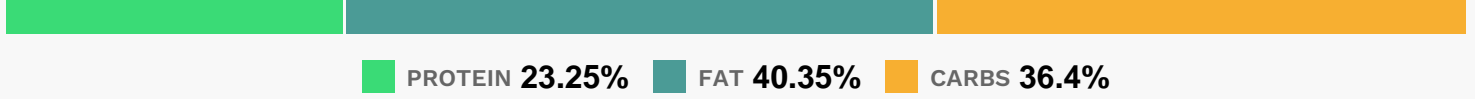
- 8 slices cucumber thin
- 8 tsp athenos reduced fat feta cheese crumbled
- 1 tsp roasted peppers red finely chopped
- 8 woven wheat crackers

Equipment

Directions

- Top crackers with remaining ingredients.
- Pairs well with a glass of Sauvignon Blanc.
- Please drink responsibly.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.3460869560747%

Nutrients (% of daily need)

Calories: 32.69kcal (1.63%), Fat: 1.52g (2.34%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.84g (0.94%), Cholesterol: 4.22mg (1.41%), Sodium: 107.56mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Fiber: 0.29g (1.18%)