



Crisp feta nibbles

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



347 kcal

Ingredients

- ☐ 6 wholewheat pita breads
- ☐ 200 g feta cheese
- ☐ 20 g flat parsley roughly chopped
- ☐ 6 servings savory vegetable
- ☐ 6 servings tzatziki

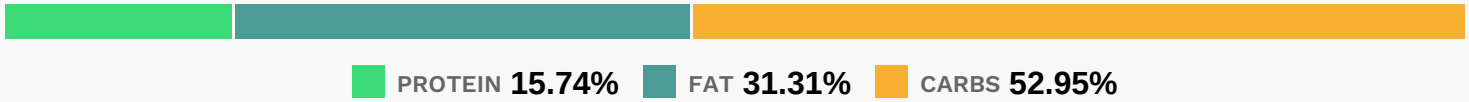
Equipment

- ☐ bowl
- ☐ knife
- ☐ toaster

Directions

- ☐ Toast the pittas in a toaster until theyre just under-done puffed up but not yet crisp then leave to cool for a few mins. Meanwhile, using a fork, mash the feta in a large bowl. Stir in the herbs and lots of black pepper.
- ☐ Cut a slit along one edge of each pitta, then spoon in the feta.
- ☐ Spread it out over the inside of the bread with the back of the spoon or a cutlery knife. Can be prepared up to 1 day ahead and kept covered in the fridge.
- ☐ To serve, re-toast the pittas, cut-side up, in the toaster until the bread is just crisp, then leave to cool for 2 mins before cutting into wedges. Best eaten within 30 mins of toasting.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:33.32, Inflammation Score:-10, Nutrition Score:18.666956587978%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 346.77kcal (17.34%), Fat: 12.34g (18.98%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 41.96g (15.26%), Sugar: 1.03g (1.14%), Cholesterol: 34.67mg (11.56%), Sodium: 874.8mg (38.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin A: 5142.45IU (102.85%), Vitamin K: 55.27µg (52.63%), Calcium: 279.84mg (27.98%), Manganese: 0.51mg (25.3%), Vitamin B2: 0.42mg (24.49%), Phosphorus: 222.28mg (22.23%), Vitamin B1: 0.31mg (20.98%), Fiber: 4.98g (19.93%), Vitamin C: 13.9mg (16.85%), Folate: 55.56µg (13.89%), Vitamin B3: 2.71mg (13.56%), Vitamin B6: 0.25mg (12.54%), Zinc: 1.88mg (12.5%), Iron: 2.07mg (11.51%), Magnesium: 44.4mg (11.1%), Copper: 0.19mg (9.72%), Vitamin B12: 0.56µg (9.39%), Potassium: 299.25mg (8.55%), Selenium: 5.37µg (7.67%), Vitamin B5: 0.71mg (7.06%)