



## Cucumber-Hummus Stacks

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



26

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz cucumber unpeeled
- 7 oz roasted peppers red
- 2 tablespoons feta cheese crumbled
- 26 slices olives ripe

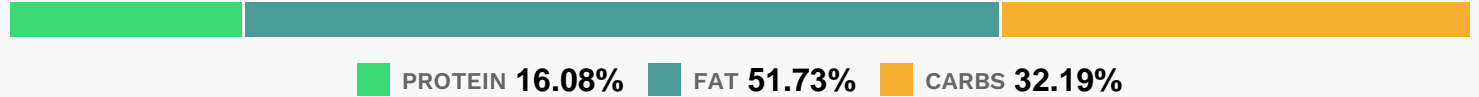
### Equipment

- paper towels

## Directions

- Using tines of fork, score cucumber lengthwise on all sides.
- Cut cucumber into 26 (1/4-inch) slices. Blot dry with paper towel.
- Spoon heaping teaspoon hummus on each cucumber slice.
- Sprinkle with feta cheese; top with olive slice.

## Nutrition Facts



## Properties

Glycemic Index:1.62, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.87521738972029%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 7.86kcal (0.39%), Fat: 0.48g (0.74%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.19g (0.21%), Cholesterol: 1.16mg (0.39%), Sodium: 135.26mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 3.97mg (4.81%), Vitamin B6: 0.03mg (1.31%), Calcium: 11.93mg (1.19%), Vitamin A: 58.56IU (1.17%), Manganese: 0.02mg (1.11%), Copper: 0.02mg (1.04%)