



## Feta-Baked Hummus



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 32 servings water traditional
- ☐ 32 servings garnish: parsley sprigs

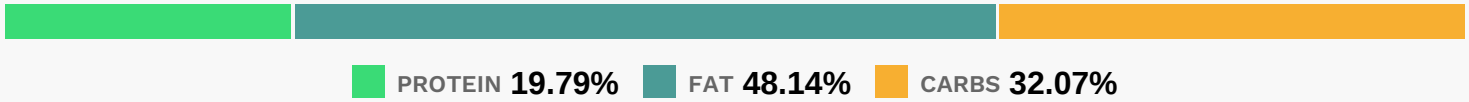
### Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Combine Traditional Hummus, 1/2 cup crumbled feta cheese, chopped fresh parsley, and cumin.
- ☐ Transfer mixture to an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle with 1/2 cup crumbled feta cheese.
- ☐ Bake at 400 for 25 minutes or until lightly browned.
- ☐ Garnish with parsley sprigs.

## Nutrition Facts



## Properties

Glycemic Index:2.89, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:6.6782609710227%

## Flavonoids

Apigenin: 9.63mg, Apigenin: 9.63mg, Apigenin: 9.63mg, Apigenin: 9.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 52kcal (2.6%), Fat: 2.95g (4.54%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.1g (0.11%), Cholesterol: 0.95mg (0.32%), Sodium: 124.5mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin K: 73.29µg (69.8%), Manganese: 0.22mg (11.23%), Copper: 0.15mg (7.72%), Vitamin A: 385.24IU (7.7%), Folate: 30.04µg (7.51%), Fiber: 1.83g (7.32%), Vitamin C: 5.95mg (7.21%), Magnesium: 22.23mg (5.56%), Iron: 0.98mg (5.45%), Phosphorus: 52.03mg (5.2%), Zinc: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.63%), Vitamin B6: 0.06mg (3.01%), Potassium: 89.16mg (2.55%), Calcium: 17.1mg (1.71%), Vitamin B2: 0.02mg (1.32%), Vitamin B3: 0.22mg (1.11%), Selenium: 0.73µg (1.05%)