



Hummus and Cucumber Bites

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



3 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

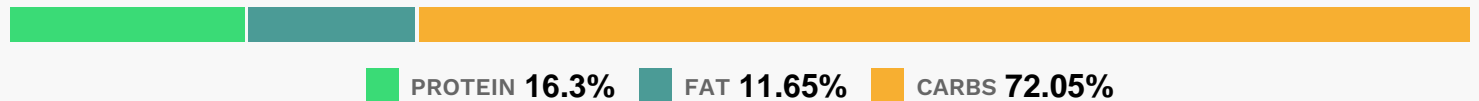
- 2 6-inch wholewheat pita breads (pocket) ()
- 0.7 cup roasted peppers red (from 7-oz container)
- 0.3 cucumber english seedless () (4 inches)
- 0.5 teaspoon paprika smoked spanish
- 16 optional: dill fresh

Equipment

Directions

- Cut each pita bread into 8 wedges.
- Spread about 1 teaspoon hummus on each wedge.
- Score cucumber peel lengthwise with tines of fork.
- Cut cucumber in half lengthwise.
- Cut each half crosswise into 16 thin slices.
- Place 2 half-slices cucumber on hummus on each bite.
- Sprinkle with paprika.
- Garnish with dill weed.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.75521740171572%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 2.94kcal (0.15%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 81.31mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin C: 3.74mg (4.53%), Vitamin A: 144.86IU (2.9%), Manganese: 0.03mg (1.43%), Vitamin K: 1.08µg (1.02%)