



WHATSheATE



Greek 7 Layer Dip



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cucumber cut into small pieces)
- ☐ 0.3 cup feta crumbled ()
- ☐ 1 handful mint leaves chopped ()
- ☐ 1.5 cups water
- ☐ 0.3 cup kalamata olives pitted coarsely chopped (and)
- ☐ 4 pitas whole wheat crispy toasted cut into triangles and until just)
- ☐ 0.3 cup onions diced red ()
- ☐ 1 cup tomatoes mixed diced with 1 tablespoon lemon juice and 1/2 teaspoon oregano)

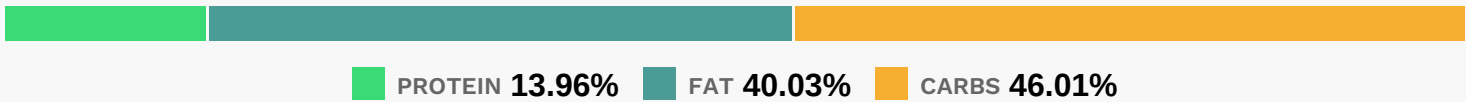
☐ 1 cup tzatziki

Equipment

Directions

☐ Assemble dip starting with the hummus and stacking each ingredient on top of the last.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:2.14, Inflammation Score:-7, Nutrition Score:21.319565109585%

Flavonoids

Eriodictyol: 3.29mg, Eriodictyol: 3.29mg, Eriodictyol: 3.29mg, Eriodictyol: 3.29mg Hesperetin: 8.93mg, Hesperetin: 8.93mg, Hesperetin: 8.93mg, Hesperetin: 8.93mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 445.55kcal (22.28%), Fat: 21.18g (32.58%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 44.98g (16.35%), Sugar: 5.81g (6.45%), Cholesterol: 18.18mg (6.06%), Sodium: 1120.54mg (48.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Manganese: 1.73mg (86.71%), Selenium: 28.65µg (40.93%), Fiber: 9.78g (39.12%), Copper: 0.69mg (34.52%), Phosphorus: 307.09mg (30.71%), Vitamin C: 25.2mg (30.54%), Folate: 116.99µg (29.25%), Magnesium: 114.3mg (28.58%), Vitamin B1: 0.4mg (26.49%), Iron: 4.22mg (23.47%), Vitamin B6: 0.43mg (21.25%), Zinc: 2.9mg (19.33%), Calcium: 183.44mg (18.34%), Potassium: 420.62mg (12.02%), Vitamin B2: 0.2mg (11.9%), Vitamin B3: 2.33mg (11.65%), Vitamin B5: 0.82mg (8.15%), Vitamin A: 355.37IU (7.11%), Vitamin E: 0.78mg (5.19%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 2.31µg (2.2%)