



Greek Hummus Dip with Veggie Dippers

READY IN



25 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 7 oz water plain
- ☐ 6 oz yogurt plain fat free
- ☐ 2 oz feta cheese crumbled
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 1 medium plum tomatoes seeded chopped (Roma)
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 2 tablespoons kalamata olives pitted quartered
- ☐ 1 cucumber thinly sliced

- ☐ 1 large bell pepper red cut into 15 (1 1/4-inch) squares
- ☐ 30 pita chips

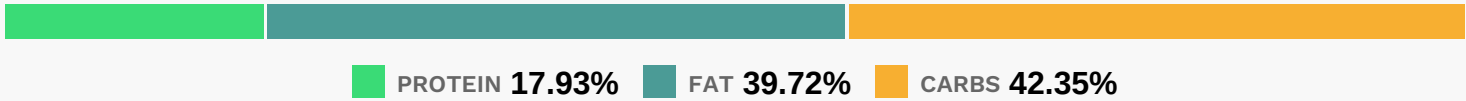
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix hummus, yogurt, feta cheese, lemon peel and lemon juice.
- ☐ Spread on shallow serving plate or pie plate. Top with tomato, green onions and olives.
- ☐ Place cucumber slices and red pepper squares alternately around hummus.
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:7.5443478524685%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 97.02kcal (4.85%), Fat: 4.43g (6.81%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.47g (3.08%), Sugar: 2.94g (3.27%), Cholesterol: 5.39mg (1.8%), Sodium: 230.93mg (10.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin C: 24.02mg (29.11%), Vitamin A: 636.24IU (12.72%), Manganese: 0.24mg (12.23%), Folate: 42.24µg (10.56%), Phosphorus: 100.88mg (10.09%), Fiber: 2.16g (8.63%), Vitamin B2: 0.14mg (8.4%), Calcium: 78.38mg (7.84%), Vitamin B6: 0.15mg (7.48%), Copper: 0.15mg (7.42%), Vitamin B1: 0.11mg (7.21%), Magnesium: 27.4mg (6.85%), Vitamin K: 6.17µg (5.87%), Selenium: 4.04µg (5.77%), Zinc: 0.86mg (5.72%), Potassium: 195.82mg (5.59%), Iron: 0.99mg (5.52%), Vitamin E: 0.8mg (5.32%), Vitamin B3: 0.84mg (4.18%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.2µg (3.33%)