



## Greek Layered Dip With Pita Chips

READY IN



20 min.

SERVINGS



10

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounce feta cheese crumbled
- 1 teaspoon garlic salt
- 1 pound lamb
- 16 ounce water prepared
- 1 cup iceberg lettuce shredded
- 0.5 cup kalamata olives chopped
- 14 ounce pita bread
- 0.5 onion diced red
- 2 medium roma tomatoes diced

- 4 teaspoons greek seasoning
- 1.5 cups tzatziki (gyro sauce)

## Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

## Directions

- Preheat the oven to 375 degrees F. Line 1 or 2 baking sheets with foil.
- Cut the pita rounds into eighths. Split each piece in two and place on the prepared baking sheet(s), with the inside of the bread facing up. Spray with the olive oil cooking spray and sprinkle with 2 teaspoons of the Greek seasoning.
- Bake 7 to 10 minutes, or until golden.
- Meanwhile, in a large skillet, brown the ground lamb with the garlic salt and the remaining 2 teaspoons Greek seasoning.
- Drain and set aside. In a shallow 1 1/2-quart dish, spread the hummus on the bottom. Top with a layer of ground lamb, then the tzatziki.
- Layer with the lettuce, tomatoes, onion, olives and feta.
- Serve the dip at room temperature with pita chips.
- Photograph by Kana Okada

## Nutrition Facts

 PROTEIN 17.01%  FAT 50.6%  CARBS 32.39%

## Properties

Glycemic Index:24.95, Glycemic Load:21.91, Inflammation Score:-5, Nutrition Score:14.896521801534%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg 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: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## **Nutrients (% of daily need)**

Calories: 415.96kcal (20.8%), Fat: 23.76g (36.56%), Saturated Fat: 8.2g (51.26%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 29.23g (10.63%), Sugar: 2g (2.22%), Cholesterol: 49.11mg (16.37%), Sodium: 1057.58mg (45.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.95%), Manganese: 0.68mg (34.13%), Phosphorus: 236.96mg (23.7%), Zinc: 3.13mg (20.9%), Vitamin B12: 1.24µg (20.66%), Vitamin B3: 4.13mg (20.63%), Calcium: 200.67mg (20.07%), Fiber: 4.98g (19.94%), Copper: 0.39mg (19.36%), Iron: 3.27mg (18.19%), Vitamin B1: 0.27mg (18%), Folate: 68.84µg (17.21%), Selenium: 11.59µg (16.56%), Vitamin B2: 0.28mg (16.18%), Vitamin K: 16.93µg (16.12%), Magnesium: 62.69mg (15.67%), Vitamin B6: 0.25mg (12.67%), Potassium: 334.07mg (9.54%), Vitamin A: 379.07IU (7.58%), Vitamin B5: 0.67mg (6.66%), Vitamin E: 0.81mg (5.4%), Vitamin C: 2.35mg (2.85%)