



Greek Layered Dip with Pita Crisps

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz approx cream cheese spread
- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 8 oz water
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 3 6-inch wholewheat pita breads (pocket) ()

☐ 3 medium plum tomatoes italian seeded chopped

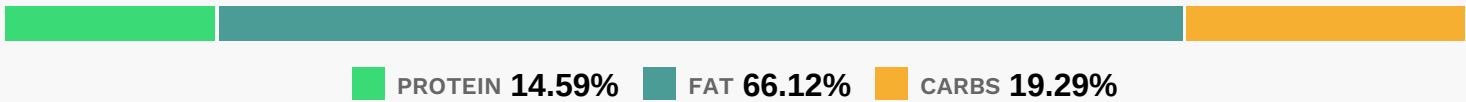
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 350F. Carefully split each pita bread into 2 rounds.
- ☐ Cut each round into 6 wedges; place on ungreased cookie sheets. Spray wedges lightly with cooking spray; sprinkle with garlic powder.
- ☐ Bake 5 to 7 minutes or until crisp and golden brown. Cool while making dip.
- ☐ Meanwhile, in 10-inch plate or pie pan, spread cream cheese spread. Drop small spoonfuls of hummus evenly over cream cheese; spread evenly. Top with remaining ingredients in order listed.
- ☐ Serve dip with pita crisps.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:3.0926086766564%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 78.37kcal (3.92%), Fat: 5.88g (9.05%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 2.74g (1%), Sugar: 0.87g (0.97%), Cholesterol: 13.42mg (4.47%), Sodium: 235.22mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Manganese: 0.12mg (6.15%), Calcium: 56.61mg (5.66%), Vitamin A: 271.95IU (5.44%), Phosphorus: 49.39mg (4.94%), Fiber: 1.12g (4.49%), Vitamin K: 4.66µg

(4.44%), Copper: 0.09mg (4.43%), Folate: 16.66µg (4.17%), Vitamin B2: 0.07mg (3.98%), Vitamin B6: 0.07mg (3.46%), Magnesium: 13.39mg (3.35%), Zinc: 0.46mg (3.06%), Vitamin B1: 0.04mg (2.8%), Iron: 0.45mg (2.48%), Vitamin C: 2.04mg (2.47%), Potassium: 78.83mg (2.25%), Selenium: 1.34µg (1.92%), Vitamin B12: 0.11µg (1.77%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.17%), Vitamin B3: 0.22mg (1.11%)