



Greek Nachos

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cherry tomatoes quartered
- 0.5 cucumber chopped
- 2 oz feta cheese crumbled
- 1 tablespoon mint leaves fresh chopped
- 6 oz yogurt plain yoplait® (from 2-lb container)
- 0.5 cup kalamata olives black sliced
- 2 teaspoons juice of lemon
- 1.5 teaspoons olive oil

- 4 servings olive oil
- 1 bell pepper red chopped
- 0.5 onion red chopped
- 4 servings salt
- 0.3 cup sun-dried olives chopped
- 8 day old pita bread whole wheat (pocket)

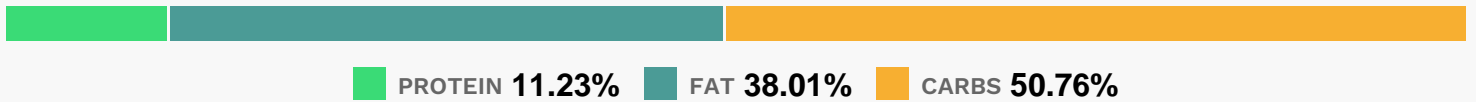
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat oven to 400F. Split each pita bread around edge with knife to make 2 rounds.
- Cut each round into quarters; place on ungreased cookie sheet.
- Drizzle with small amount of olive oil; sprinkle with salt. Toss gently to mix.
- Bake 10 to 15 minutes or until pita chips are golden brown and crisp.
- Meanwhile, in small bowl, stir together Mint Sauce ingredients.
- Place desired amount of chips on each serving plate. Top each serving with Mint Sauce and toppings.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:28.738260753777%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 558.68kcal (27.93%), Fat: 24.83g (38.2%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 65.02g (23.65%), Sugar: 10.75g (11.94%), Cholesterol: 18.14mg (6.05%), Sodium: 1122.33mg (48.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.01%), Manganese: 2.19mg (109.74%), Selenium: 53.1µg (75.86%), Vitamin C: 48.82mg (59.17%), Fiber: 9.59g (38.37%), Phosphorus: 340.84mg (34.08%), Vitamin B1: 0.5mg (33.07%), Magnesium: 112.55mg (28.14%), Vitamin E: 4.2mg (28.01%), Vitamin B6: 0.54mg (26.91%), Vitamin A: 1331.4IU (26.63%), Iron: 4.77mg (26.49%), Copper: 0.51mg (25.34%), Vitamin B3: 4.46mg (22.3%), Vitamin B2: 0.35mg (20.62%), Potassium: 692.33mg (19.78%), Folate: 77.79µg (19.45%), Vitamin K: 19.17µg (18.25%), Zinc: 2.71mg (18.06%), Calcium: 170.48mg (17.05%), Vitamin B5: 1.61mg (16.13%), Vitamin B12: 0.4µg (6.61%)