



Greek Nachos with Feta

READY IN



45 min.

SERVINGS



26

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber seeded finely chopped
- ☐ 0.8 cup feta cheese crumbled finely
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 26 servings greek yogurt 2% reduced-fat
- ☐ 6.5 ounce pita chips
- ☐ 0.5 small onion red finely chopped
- ☐ 2 pounds tomatoes seeded finely chopped

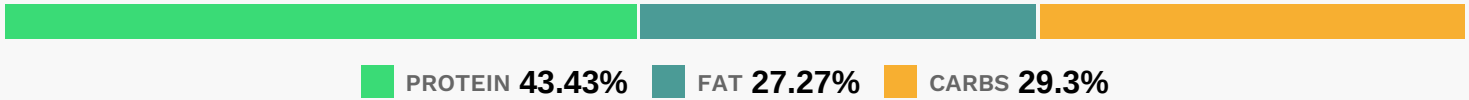
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine tomatoes, red onion, minced garlic, cucumber, and kosher salt. Preheat oven to 37
- ☐ Place pita chips on a baking sheet. Top chips with feta cheese, and bake until just melted (5 minutes).
- ☐ Remove from oven; top with tomato-and-cucumber salsa and a dollop of yogurt.

Nutrition Facts



Properties

Glycemic Index:5.27, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:4.2404347603088%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 203.85kcal (10.19%), Fat: 6.09g (9.37%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.96g (5.08%), Sugar: 9.43g (10.47%), Cholesterol: 15.45mg (5.15%), Sodium: 238.54mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.64%), Calcium: 261.56mg (26.16%), Vitamin A: 429.11IU (8.58%), Vitamin C: 5.16mg (6.25%), Manganese: 0.1mg (4.82%), Vitamin E: 0.69mg (4.6%), Folate: 17.4µg (4.35%), Selenium: 3.03µg (4.33%), Vitamin B1: 0.06mg (4.15%), Vitamin B2: 0.07mg (3.94%), Vitamin B3: 0.75mg (3.77%), Phosphorus: 33.75mg (3.37%), Vitamin K: 3.35µg (3.19%), Fiber: 0.77g (3.07%), Vitamin B6: 0.06mg (3.04%), Potassium: 105.93mg (3.03%), Iron: 0.47mg (2.6%), Magnesium: 8.22mg (2.05%), Copper: 0.04mg (1.86%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.13mg (1.25%), Vitamin B12: 0.07µg (1.22%)