



## Healthified Greek Layered Dip

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 medium cucumber sliced
- 2 oz feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 6 oz greek yogurt plain fat-free
- 0.3 cup spring onion chopped (4 medium)
- 0.3 cup kalamata olives pitted quartered
- 1 teaspoon juice of lemon fresh
- 1 teaspoon olive oil

- 0.1 teaspoon pepper
- 1 medium plum tomatoes seeded chopped (Roma)
- 1 medium bell pepper green red cut into strips
- 2 6-inch day old pita bread whole wheat (pocket) ()

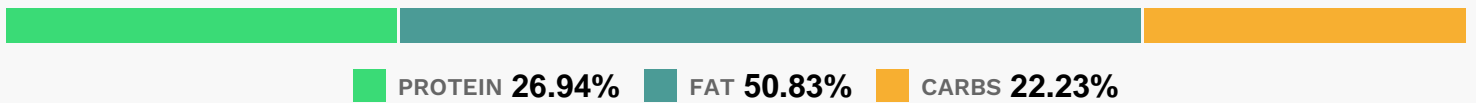
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 350°F. Split each pita bread horizontally to make 2 rounds.
- Cut each round into 6 wedges. Arrange on ungreased large cookie sheet, rough surface up. Spray with cooking spray (about 5 seconds).
- Bake 8 to 10 minutes or until golden brown and crisp; cool.
- Meanwhile, spread hummus on shallow serving platter or in pie plate. In small bowl, mix yogurt, parsley, lemon juice and pepper; spread evenly over hummus. Top with tomato, olives, chopped cucumber, feta cheese and onions.
- Drizzle with olive oil.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.0169565185257%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

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

Calories: 34.84kcal (1.74%), Fat: 2.03g (3.12%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.5g (0.55%), Sugar: 1.04g (1.16%), Cholesterol: 4.91mg (1.64%), Sodium: 119.43mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 9.95mg (12.05%), Vitamin K: 11.9µg (11.33%), Vitamin B2: 0.09mg (5.18%), Calcium: 45.76mg (4.58%), Phosphorus: 41.66mg (4.17%), Vitamin A: 169.99IU (3.4%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (3.16%), Vitamin B12: 0.18µg (2.98%), Potassium: 74.07mg (2.12%), Fiber: 0.49g (1.98%), Vitamin E: 0.28mg (1.89%), Folate: 7.54µg (1.89%), Manganese: 0.04mg (1.81%), Zinc: 0.26mg (1.76%), Vitamin B1: 0.02mg (1.56%), Magnesium: 6.19mg (1.55%), Copper: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.33%), Iron: 0.19mg (1.03%)