



Hummus and Feta Sandwiches on Whole Grain Bread

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce garbanzo beans organic drained canned (chickpeas)
- ☐ 4 cilantro sprigs fresh
- ☐ 1 persian cucumber 4-inch piece hothouse cucumber english thinly sliced
- ☐ 4 ounces feta cheese cut into 1/4-inch-thick slices
- ☐ 8 mint leaves fresh
- ☐ 1 garlic clove peeled
- ☐ 2 teaspoons jalapeño chile minced seeded

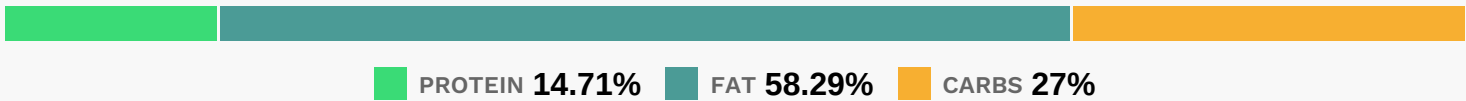
- ☐ 3 tablespoons juice of lemon fresh ()
- ☐ 12 inch x grain bread whole
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons tahini (sesame seed paste)

Equipment

Directions

- ☐ Using on/off turns,finely chop garbanzo beansand garlic in processor.
- ☐ Add 3tablespoons lemon juice andremaining ingredients; process tocoarse puree. Season to taste withsalt and pepper and more lemonjuice, if desired. DO AHEAD: Can bemade 1 week ahead.
- ☐ Transfer toairtight container and chill.
- ☐ Spread 2tablespoons hummus over eachbread slice. Top 2 bread sliceswith sliced cucumber, mint, andcilantro, dividing equally. Arrangeslices of feta atop cilantro. Toeach with second bread slice andpress gently to compact slightly.
- ☐ Cut sandwiches in half.
- ☐ * Available at some supermarketsand at natural foods stores and
- ☐ Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:115.51, Glycemic Load:12.02, Inflammation Score:-8, Nutrition Score:31.200869715732%

Flavonoids

Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg, Eriodictyol: 2.33mg Hesperetin: 3.66mg, Hesperetin: 3.66mg, Hesperetin: 3.66mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 637.11kcal (31.86%), Fat: 42.7g (65.69%), Saturated Fat: 11.7g (73.1%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 32.99g (12%), Sugar: 1.96g (2.18%), Cholesterol: 50.46mg (16.82%), Sodium: 1279.06mg (55.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Manganese: 2.08mg (104.17%), Vitamin B6: 1.32mg (65.9%), Phosphorus: 576.85mg (57.68%), Fiber: 11.51g (46.06%), Calcium: 427.23mg (42.72%), Vitamin B1: 0.59mg (39.47%), Copper: 0.76mg (38.12%), Selenium: 24.52µg (35.03%), Vitamin B2: 0.6mg (35.03%), Zinc: 4.47mg (29.77%), Folate: 111.1µg (27.78%), Vitamin K: 28.58µg (27.22%), Magnesium: 107.82mg (26.95%), Iron: 4.68mg (26%), Vitamin C: 19.38mg (23.5%), Vitamin E: 2.52mg (16.82%), Potassium: 588.78mg (16.82%), Vitamin A: 809.19IU (16.18%), Vitamin B12: 0.96µg (15.97%), Vitamin B3: 3mg (15%), Vitamin B5: 1.41mg (14.09%), Vitamin D: 0.23µg (1.51%)