



Hummus and Olive Tapenade Spread

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



235 kcal

CONDIMENT

DIP

SPREAD

Ingredients

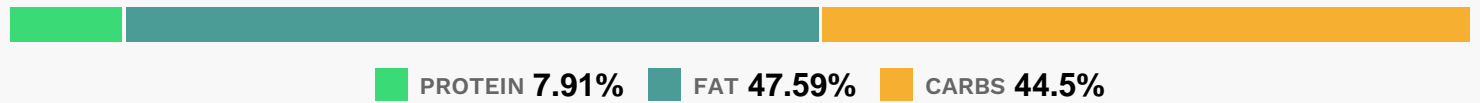
- 14 ounces roasted peppers red
- 4.3 ounces olives ripe drained chopped canned
- 2 tablespoons salad dressing italian
- 0.1 teaspoon garlic powder
- 1 serving parsley fresh chopped
- 1 serving wholewheat pita breads assorted

Equipment

Directions

- Spread hummus on 8- to 10-inch serving plate.
- Mix olives, vinaigrette and garlic powder.
- Spread over hummus, leaving about 2-inch border of hummus around edge.
- Sprinkle with parsley.
- Serve with pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:14.56, Inflammation Score:-8, Nutrition Score:15.957826085713%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 235.01kcal (11.75%), Fat: 13.12g (20.18%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 22.54g (8.2%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 3946.85mg (171.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin C: 95mg (115.15%), Vitamin K: 41.48µg (39.51%), Vitamin A: 1442.2IU (28.84%), Manganese: 0.46mg (23.08%), Fiber: 5.07g (20.27%), Vitamin B6: 0.4mg (19.76%), Copper: 0.38mg (19.2%), Vitamin E: 2.62mg (17.45%), Calcium: 141.5mg (14.15%), Iron: 2.45mg (13.59%), Folate: 43.41µg (10.85%), Potassium: 373.71mg (10.68%), Vitamin B1: 0.14mg (9.49%), Magnesium: 37.58mg (9.4%), Vitamin B3: 1.88mg (9.4%), Phosphorus: 73.3mg (7.33%), Vitamin B2: 0.09mg (5.48%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.21mg (2.1%), Selenium: 1.46µg (2.09%)