



Hummus and Olive Tapenade Spread



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



313 kcal

CONDIMENT

DIP

SPREAD

Ingredients

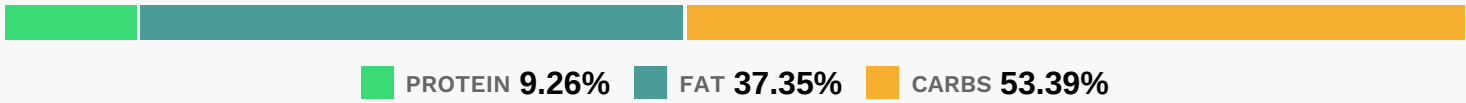
- ☐ 2 servings wholewheat pita breads assorted
- ☐ 2 servings parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 tablespoons salad dressing italian
- ☐ 4.3 ounces olives ripe drained chopped canned
- ☐ 14 ounces roasted peppers red

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:29.11, Inflammation Score:-9, Nutrition Score:19.19217386453%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 312.73kcal (15.64%), Fat: 13.47g (20.73%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 37.58g (13.66%), Sugar: 1.88g (2.08%), Cholesterol: 0mg (0%), Sodium: 4098.05mg (178.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin C: 97.66mg (118.37%), Vitamin K: 74.28µg (70.75%), Vitamin A: 1610.68IU (32.21%), Manganese: 0.6mg (29.97%), Fiber: 5.75g (23%), Copper: 0.43mg (21.7%), Vitamin B6: 0.41mg (20.33%), Vitamin E: 2.63mg (17.55%), Calcium: 168.34mg (16.83%), Iron: 2.96mg (16.45%), Vitamin B1: 0.22mg (14.59%), Folate: 53.17µg (13.29%), Vitamin B3: 2.51mg (12.53%), Potassium: 418.39mg (11.95%), Magnesium: 45.86mg (11.47%), Phosphorus: 101.62mg (10.16%), Vitamin B2: 0.12mg (7.19%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.33mg (3.29%), Selenium: 1.47µg (2.09%)