



## Hummus & Cracker Snacker

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

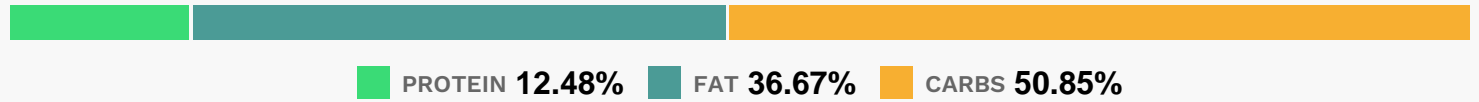
- 1 cherry tomatoes cut in half
- 1 slice cucumber cut in half
- 2 tsp athenos original hummus
- 2 large wheat snack crackers thin

### Equipment

### Directions

Top crackers with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.797391285067%

## Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 38.1kcal (1.91%), Fat: 1.62g (2.49%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 68.65mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin C: 4.1mg (4.97%), Manganese: 0.1mg (4.96%), Fiber: 1.02g (4.06%), Copper: 0.07mg (3.48%), Folate: 11.37µg (2.84%), Iron: 0.47mg (2.58%), Phosphorus: 23.58mg (2.36%), Magnesium: 9.37mg (2.34%), Potassium: 69.06mg (1.97%), Vitamin B6: 0.04mg (1.84%), Vitamin A: 91.13IU (1.82%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.22mg (1.44%)