



Hummus Mini-Pita Pockets

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



15 kcal

Ingredients

- 4 slices cucumber thin
- 2 Tbsp athenos original hummus
- 4 slices tomatoes thin
- 1 4-inch pita bread whole wheat mini halved ()

Equipment

Directions

- Spread insides of pita halves with hummus.

Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:1.5386956528477%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 15.04kcal (0.75%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 24.77mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Manganese: 0.08mg (3.93%), Vitamin C: 3.14mg (3.8%), Vitamin A: 185.76IU (3.72%), Fiber: 0.67g (2.68%), Copper: 0.05mg (2.45%), Folate: 9.07µg (2.27%), Potassium: 72.83mg (2.08%), Vitamin K: 2.11µg (2.01%), Magnesium: 7.45mg (1.86%), Phosphorus: 17.28mg (1.73%), Vitamin B6: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.41%), Iron: 0.22mg (1.24%), Zinc: 0.16mg (1.06%)