



Hummus Olive Spread

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 ounces water plain
- 0.5 cup kalamata olives spanish pitted ripe drained chopped
- 1 tablespoon salad dressing fat-free italian
- 7 6-inch wholewheat pita breads cut into 6 wedges (es in diameter)

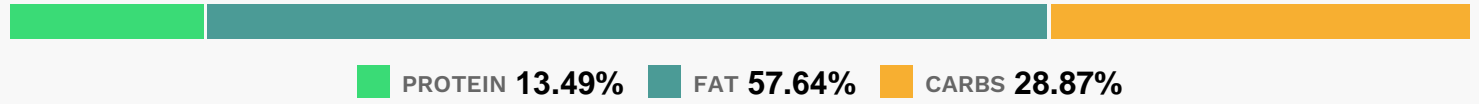
Equipment

- bowl

Directions

- Spread hummus on 8- to 10-inch serving plate.
- Mix olives and vinaigrette in small bowl. Spoon over hummus.
- Serve with pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.1669565132293%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 48.01kcal (2.4%), Fat: 3.24g (4.99%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 198.17mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Manganese: 0.16mg (7.86%), Fiber: 1.43g (5.72%), Copper: 0.11mg (5.71%), Folate: 16.84µg (4.21%), Magnesium: 15.08mg (3.77%), Phosphorus: 36.09mg (3.61%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.15%), Vitamin E: 0.29mg (1.92%), Potassium: 50.1mg (1.43%), Calcium: 11.84mg (1.18%)