



Hummus Olive Spread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

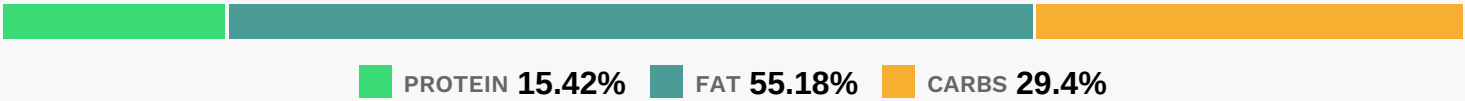
Equipment

- ☐ 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:2.171739105945%

Flavonoids

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

Nutrients (% of daily need)

Calories: 45.57kcal (2.28%), Fat: 2.95g (4.54%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.09g (0.09%), Cholesterol: 0.08mg (0.03%), Sodium: 184.8mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Manganese: 0.16mg (7.85%), Fiber: 1.43g (5.72%), Copper: 0.11mg (5.71%), Folate: 16.95µg (4.24%), Magnesium: 15.18mg (3.79%), Phosphorus: 37.92mg (3.79%), Iron: 0.53mg (2.93%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.04mg (2.15%), Vitamin E: 0.26mg (1.72%), Potassium: 51.04mg (1.46%), Calcium: 13.32mg (1.33%), Vitamin B2: 0.02mg (1.06%), Selenium: 0.73µg (1.04%)