



Hummus Pitas With Feta-Olive Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

Ingredients

- ☐ 0.8 cup cucumber english seeded chopped
- ☐ 1 ounce feta cheese crumbled
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1 garlic clove peeled
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 15 ounce no-salt-added chickpeas canned (garbanzo beans)

- ☐ 1 Dash pepper red crushed
- ☐ 4 6-inch pita bread rounds halved ()
- ☐ 1 tablespoon tahini (sesame seed paste)
- ☐ 1 cup tomatoes chopped

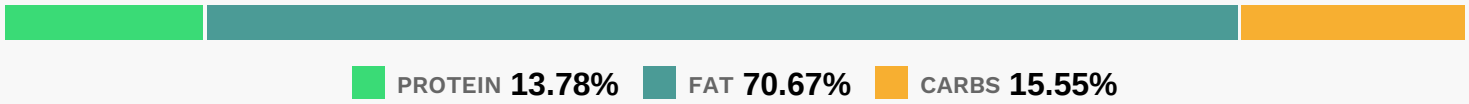
Equipment

- ☐ food processor
- ☐ bowl
- ☐ colander

Directions

- ☐ Drain chickpeas in a colander over a bowl, reserving 1 tablespoon liquid.
- ☐ Combine chickpeas, tahini, garlic, and red pepper in a food processor, and process until smooth, scraping sides of processor bowl once.
- ☐ Add lemon juice and reserved chickpea liquid, process until smooth. Spoon mixture into a bowl; set aside.
- ☐ Combine tomato and next 6 ingredients (tomato through mint) in a bowl. Spoon 1/4 cup hummus mixture into each pita half; top with 1/4 cup feta-olive salsa.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:26.144782955232%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 707.92kcal (35.4%), Fat: 59.61g (91.71%), Saturated Fat: 12.37g (77.33%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 22.85g (8.31%), Sugar: 12.95g (14.39%), Cholesterol: 6.31mg (2.1%), Sodium: 241.55mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Manganese: 1.66mg (83.15%), Vitamin B3: 14.56mg (72.82%), Vitamin E: 10.28mg (68.55%), Magnesium: 194.53mg (48.63%), Phosphorus: 430.02mg (43%), Folate: 113.71µg (28.43%), Copper: 0.57mg (28.35%), Vitamin B6: 0.57mg (28.29%), Fiber: 6.66g (26.65%), Potassium: 777mg (22.2%), Zinc: 3.21mg (21.43%), Vitamin K: 20.3µg (19.34%), Vitamin B1: 0.26mg (17.49%), Vitamin B2: 0.29mg (17.35%), Vitamin C: 12.02mg (14.57%), Iron: 2.46mg (13.65%), Vitamin B5: 1.31mg (13.14%), Calcium: 114.2mg (11.42%), Vitamin A: 533.41IU (10.67%), Selenium: 7.01µg (10.01%), Vitamin B12: 0.12µg (2%)