



Hummus Snack Pack

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

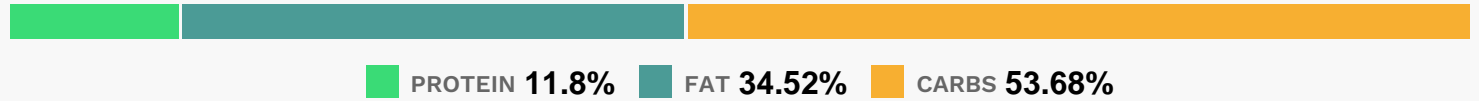
- 12 planters almonds salted
- 5 cherry tomatoes
- 5 slices cucumber english
- 2 Tbsp athenos original hummus
- 15 woven wheat crackers thin

Equipment

Directions

- Place hummus in small resealable container; place remaining ingredients in separate container.
- Refrigerate both until ready to serve.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:22.758695726809%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 346.38kcal (17.32%), Fat: 14.33g (22.05%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 50.16g (16.72%), Net Carbohydrates: 41.75g (15.18%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 353.17mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Vitamin K: 87.66µg (83.49%), Manganese: 1.01mg (50.31%), Vitamin C: 33.94mg (41.14%), Fiber: 8.41g (33.66%), Magnesium: 128.95mg (32.24%), Potassium: 1106.06mg (31.6%), Copper: 0.56mg (27.93%), Phosphorus: 259.12mg (25.91%), Vitamin E: 3.7mg (24.69%), Iron: 3.91mg (21.74%), Vitamin B2: 0.35mg (20.37%), Vitamin A: 970.77IU (19.42%), Folate: 77.63µg (19.41%), Vitamin B6: 0.35mg (17.58%), Vitamin B1: 0.25mg (16.64%), Vitamin B5: 1.55mg (15.52%), Calcium: 154.23mg (15.42%), Zinc: 2.08mg (13.88%), Vitamin B3: 1.57mg (7.85%), Selenium: 3.26µg (4.65%)