



## Hummus & Vegetable Pita Toasts

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



27 kcal

### Ingredients

- 1 Tbsp olives black sliced
- 0.3 cup carrots shredded
- 1 green onion sliced
- 2 Tbsp athenos original hummus
- 1 tsp olive oil
- 1 pita bread split

### Equipment

- baking sheet
- broiler

## Directions

- Heat broiler.
- Place pita rounds on baking sheet; brush with oil.
- Broil 1 min. or until lightly browned.
- Spread with hummus; top with vegetables and olives.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:19.93, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:1.419130432217%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 27.21kcal (1.36%), Fat: 0.94g (1.44%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 56.28mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin A: 550.6IU (11.01%), Vitamin K: 3.19µg (3.04%), Manganese: 0.06mg (2.83%), Fiber: 0.45g (1.8%), Vitamin B1: 0.02mg (1.55%), Copper: 0.03mg (1.43%), Folate: 5.23µg (1.31%), Phosphorus: 12.31mg (1.23%), Magnesium: 4.3mg (1.07%), Iron: 0.19mg (1.03%)