



## Layered Greek Dip

READY IN



25 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz yogurt
- 1 oz feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 1 teaspoon juice of lemon fresh
- 0.1 teaspoon salt
- 1 cup water plain (from 7-oz container)
- 0.5 cup plum tomatoes seeded chopped (Roma)
- 0.5 cup cucumber seeded finely chopped
- 0.5 cup kalamata olives pitted coarsely chopped

- 2 tablespoons spring onion chopped (2 medium)
- 1 serving pita chips
- 1 serving bell pepper sliced

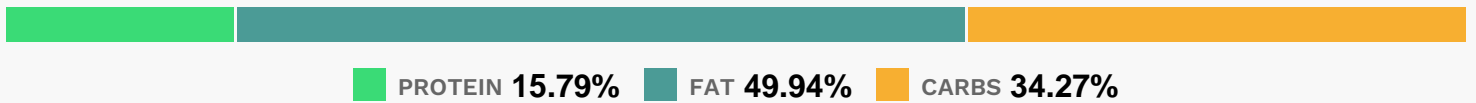
## Equipment

- bowl

## Directions

- In small bowl, mix yogurt, feta cheese, parsley, lemon juice and salt.
- Into each of 8 (2- to 3-oz) glasses, layer 2 tablespoons hummus, 1 heaping tablespoon yogurt mixture, 1 tablespoon tomato, 1 tablespoon cucumber, 1 tablespoon olives and slightly less than 1 teaspoon green onions.
- Serve with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:27.31, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:7.3799999686687%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 108.51kcal (5.43%), Fat: 6.31g (9.7%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.99g (2.54%), Sugar: 2.15g (2.39%), Cholesterol: 5.92mg (1.97%), Sodium: 366.38mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin C: 15.51mg (18.8%), Manganese: 0.3mg (14.96%), Vitamin K: 13.79µg (13.14%), Vitamin A: 556.23IU (11.12%), Fiber: 2.74g (10.98%), Folate: 42.63µg (10.66%), Phosphorus: 99.55mg (9.95%), Copper: 0.2mg (9.92%), Magnesium: 31.61mg (7.9%), Vitamin B1: 0.1mg (6.86%), Vitamin B6: 0.13mg (6.73%), Calcium: 64.99mg (6.5%), Iron: 1.14mg (6.32%), Vitamin B2: 0.11mg (6.22%), Zinc: 0.9mg

(6.01%), Vitamin E: 0.83mg (5.5%), Potassium: 186.88mg (5.34%), Selenium: 3.06µg (4.37%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.24mg (2.44%), Vitamin B12: 0.14µg (2.31%)