



## Layered Greek Dip

READY IN



25 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 servings bell pepper sliced
- 0.5 cup cucumber seeded finely chopped
- 1 oz feta cheese crumbled
- 1 tablespoon parsley fresh chopped
- 2 tablespoons spring onion chopped (2 medium)
- 1 cup water plain (from 7-oz container)
- 0.5 cup kalamata olives pitted coarsely chopped
- 6 oz optional: lemon
- 1 teaspoon juice of lemon fresh

- 8 servings pita chips
- 0.5 cup plum tomatoes seeded chopped (Roma)
- 0.1 teaspoon salt

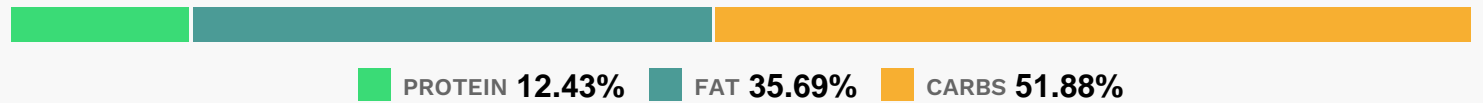
## Equipment

- 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:28.13, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:18.680434655884%

## Flavonoids

Eriodictyol: 4.57mg, Eriodictyol: 4.57mg, Eriodictyol: 4.57mg, Eriodictyol: 4.57mg Hesperetin: 6.02mg, Hesperetin: 6.02mg, Hesperetin: 6.02mg, Hesperetin: 6.02mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 230.62kcal (11.53%), Fat: 9.6g (14.77%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 25.75g (9.36%), Sugar: 5.6g (6.22%), Cholesterol: 3.15mg (1.05%), Sodium: 568.86mg (24.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin C: 110.11mg (133.47%), Vitamin A: 2580.88IU (51.62%), Manganese: 0.54mg (26.92%), Folate: 106.55µg (26.64%), Vitamin E: 3.57mg (23.82%), Fiber: 5.64g (22.56%), Vitamin B1: 0.28mg (18.5%), Vitamin B6: 0.36mg (18.06%), Vitamin K: 17.24µg (16.42%), Selenium: 10.85µg (15.5%), Vitamin B3: 3.06mg (15.31%), Iron: 2.66mg (14.78%), Phosphorus: 130.08mg (13.01%), Copper:

0.25mg (12.5%), Vitamin B2: 0.21mg (12.38%), Magnesium: 47.65mg (11.91%), Potassium: 352.42mg (10.07%), Zinc: 1.19mg (7.91%), Calcium: 53.52mg (5.35%), Vitamin B5: 0.53mg (5.3%)