



Med Coast Bite

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

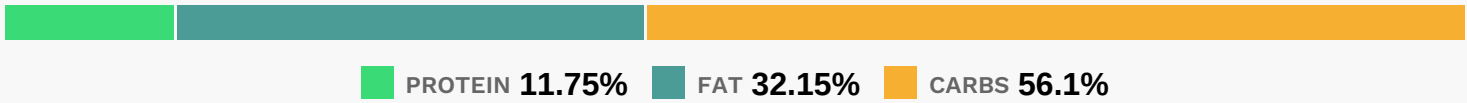
- ☐ 1 large carrots
- ☐ 8 ounces water
- ☐ 2 lemons
- ☐ 12 ounce baked pita chips

Equipment

Directions

Spread hummus evenly onto baked pita chips. Shred carrot; distribute evenly over chips. Zest rind of 2 lemons; place a few pieces atop carrot.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:3.1869565533555%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.44kcal (3.37%), Fat: 2.48g (3.81%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 8.57g (3.12%), Sugar: 0.83g (0.93%), Cholesterol: 0mg (0%), Sodium: 127.29mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin A: 404.8IU (8.1%), Manganese: 0.14mg (6.92%), Folate: 22.83µg (5.71%), Selenium: 3.98µg (5.69%), Vitamin B1: 0.08mg (5.44%), Vitamin E: 0.81mg (5.42%), Vitamin C: 3.96mg (4.8%), Fiber: 1.15g (4.61%), Vitamin B3: 0.87mg (4.37%), Iron: 0.76mg (4.2%), Copper: 0.06mg (2.98%), Phosphorus: 29.36mg (2.94%), Magnesium: 10.43mg (2.61%), Vitamin B2: 0.04mg (2.5%), Vitamin B6: 0.04mg (1.83%), Zinc: 0.26mg (1.72%), Potassium: 49.48mg (1.41%)