



Mediterranean 7 Layer Dip

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



596 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 small cucumber diced seeded
- ☐ 2 qt deep dish pie crust
- ☐ 4 ounces feta cheese crumbled (block feta preferred rather than pre-crumbled)
- ☐ 2.5 tbsp parsley fresh roughly chopped
- ☐ 1 cup greek olives green pitted sliced
- ☐ 3 cups water canned
- ☐ 2 tbsp juice of lemon freshly squeezed
- ☐ 0.5 tsp salt

☐ 4 small tomatoes diced seeded

Equipment

☐ mixing bowl

☐ colander

Directions

☐ Save Recipe

☐ Print Recipe

☐ Mediterranean 7

☐ Layer Dip

☐ Salad

☐ Layer Ingredients4 Persian cucumbers, seeded and diced small4 tomatoes, seeded and diced small1/4 cup fresh flat leaf parsley, chopped1/2 tsp salt

☐ Dip Ingredients3 cups hummus – recipe here, or you can purchase a good quality hummus1 1/2 cups labneh (strained yogurt cheese– thick, not liquid) or Greek yogurt, or a combination of the two1 cup pitted green greek olives, sliced1/4 cup tahini – recipe here4 ounces crumbled feta (block feta preferred rather than pre-crumbled)2 tbsp freshly squeezed lemon juice2 1/2 tbsp fresh flat leaf parsley or basil, roughly chopped

☐ You will also need

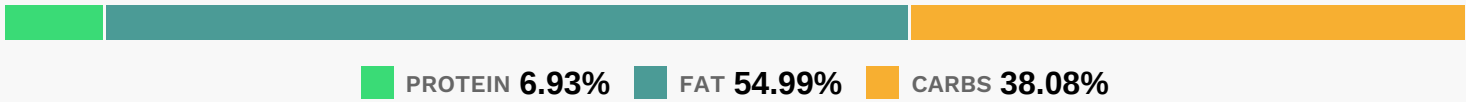
☐ Mixing bowls, colander, 2 qt glass baking or serving dish

☐ Total Time: 45 Minutes

☐ Servings: 18

☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:13.941739203489%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 596.14kcal (29.81%), Fat: 36.76g (56.56%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 52.59g (19.13%), Sugar: 1.1g (1.23%), Cholesterol: 5.61mg (1.87%), Sodium: 782.01mg (34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Manganese: 0.87mg (43.46%), Folate: 126.32µg (31.58%), Vitamin K: 28.77µg (27.4%), Vitamin B1: 0.34mg (22.87%), Iron: 3.62mg (20.12%), Fiber: 4.69g (18.76%), Phosphorus: 177.86mg (17.79%), Copper: 0.35mg (17.41%), Vitamin B3: 3.09mg (15.45%), Vitamin B2: 0.24mg (14.33%), Magnesium: 53.71mg (13.43%), Vitamin E: 1.73mg (11.51%), Zinc: 1.52mg (10.13%), Vitamin B6: 0.2mg (9.79%), Selenium: 6.85µg (9.78%), Potassium: 296.55mg (8.47%), Calcium: 79.37mg (7.94%), Vitamin C: 5.24mg (6.35%), Vitamin A: 306.65IU (6.13%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.11µg (1.77%)