



## Mediterranean Bread Bowl with Hummus

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup calamata olives pitted coarsely chopped
- 0.3 teaspoon cayenne
- 0.3 cup feta cheese crumbled
- 1 clove garlic minced peeled
- 0.3 teaspoon ground turmeric dried
- 1.5 cups water (see notes)
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil

- 2 tablespoons yogurt plain
- 1 lb pumpernickel bread
- 1 cup pasilla peppers red canned peeled drained cut into strips
- 6 servings salt

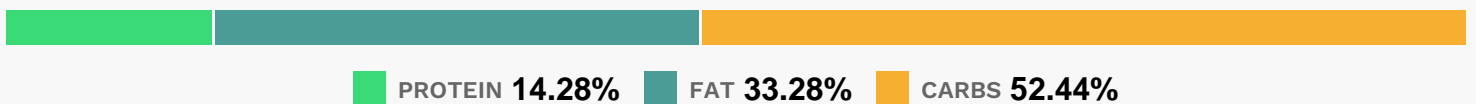
## Equipment

- bowl
- knife
- serrated knife

## Directions

- In a bowl, mix peppers, olives, yogurt, olive oil, lemon juice, garlic, turmeric, and cayenne to coat; add salt to taste. Cover and chill at least 1 hour and up to 1 day (see notes).
- With a serrated knife, slice about 1 inch off top of loaf. With the knife, hollow out center of loaf, leaving a shell about 1 inch thick.
- Cut top slice and bread from middle into chunks.
- Spread hummus in bottom of bread bowl. Top with pepper mixture and feta. Set on a platter and surround with reserved bread chunks for dipping.

## Nutrition Facts



## Properties

Glycemic Index:37.42, Glycemic Load:19.05, Inflammation Score:-9, Nutrition Score:20.643478122094%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 351.53kcal (17.58%), Fat: 13.39g (20.61%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 38.04g (13.83%), Sugar: 1.87g (2.08%), Cholesterol: 6.43mg (2.14%), Sodium: 1069.97mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Manganese: 1.51mg (75.46%), Vitamin C: 33.03mg (40.03%), Fiber: 9.43g (37.72%), Folate: 136.1µg (34.03%), Selenium: 21.38µg (30.55%), Copper: 0.56mg (27.99%), Phosphorus: 278.39mg (27.84%), Vitamin B1: 0.39mg (25.76%), Magnesium: 90.85mg (22.71%), Iron: 3.92mg (21.8%), Vitamin B2: 0.36mg (20.92%), Vitamin A: 893.3IU (17.87%), Zinc: 2.54mg (16.95%), Vitamin B6: 0.33mg (16.62%), Vitamin B3: 3.04mg (15.2%), Calcium: 120.77mg (12.08%), Potassium: 375.65mg (10.73%), Vitamin E: 1.38mg (9.19%), Vitamin B5: 0.56mg (5.6%), Vitamin K: 3.54µg (3.37%), Vitamin B12: 0.13µg (2.17%)