



Mediterranean Hummus Sandwiches

 Vegetarian

READY IN



22 min.

SERVINGS



2

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

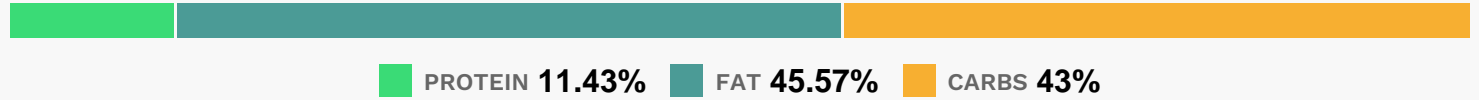
- 1 small cucumber thinly sliced
- 0.5 ounce garlic-and-herb feta cheese crumbled
- 0.5 cup water with roasted red peppers
- 2 pepperoncini peppers thinly sliced
- 2 6-inch pita bread rounds whole wheat cut in half ()
- 1 large plum tomatoes thinly sliced

Equipment

Directions

- Spread 2 tablespoons hummus inside each pita half; sprinkle each half evenly with feta cheese. Arrange cucumber and tomato in pita halves; top with peppers.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:5.7656521201134%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 51.33kcal (2.57%), Fat: 2.82g (4.34%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.13g (2.37%), Cholesterol: 7.7mg (2.57%), Sodium: 526.31mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 31.32mg (37.96%), Vitamin A: 531.11IU (10.62%), Manganese: 0.18mg (8.82%), Vitamin K: 9.1µg (8.67%), Vitamin B6: 0.17mg (8.29%), Potassium: 259.31mg (7.41%), Fiber: 1.75g (6.98%), Copper: 0.13mg (6.61%), Folate: 24.56µg (6.14%), Magnesium: 19.13mg (4.78%), Vitamin B1: 0.06mg (3.75%), Phosphorus: 36.03mg (3.6%), Iron: 0.61mg (3.41%), Calcium: 30.06mg (3.01%), Vitamin B3: 0.56mg (2.79%), Vitamin B5: 0.27mg (2.65%), Vitamin B2: 0.04mg (2.49%), Zinc: 0.29mg (1.93%), Vitamin E: 0.27mg (1.77%)