



Mediterranean Nachos

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 1 tablespoon milk fat-free
- 2 garlic cloves
- 0.3 cup green onions sliced (2 green onions)
- 2 tablespoons juice of lemon
- 1 teaspoon olive oil
- 3 tablespoons olives ripe chopped
- 2 6-inch pita bread rounds ()

- 0.3 teaspoon salt
- 1 cup tomatoes chopped (1 medium tomato)

Equipment

- food processor
- bowl
- baking sheet
- oven
- knife

Directions

- Preheat oven to 45
- Separate each pita bread round into 2 rounds; cut each round into 6 wedges.
- Place wedges on a large baking sheet; coat wedges with cooking spray, and sprinkle evenly with salt.
- Bake at 450 for 5 minutes or until lightly browned.
- Meanwhile, position knife blade in food processor bowl; add chickpeas and next 5 ingredients. Process until smooth, stopping once to scrape down sides.
- Spread 2 teaspoons bean mixture over each pita wedge; sprinkle wedges evenly with chopped tomato and olives.
- Serve nachos immediately.

Nutrition Facts



PROTEIN 18.22% **FAT 27.63%** **CARBS 54.15%**

Properties

Glycemic Index:11.27, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.6443478303111%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin:

0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol:
0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 21.58kcal (1.08%), Fat: 0.7g (1.07%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 3.07g (1.02%), Net
Carbohydrates: 2.12g (0.77%), Sugar: 0.26g (0.29%), Cholesterol: 0.02mg (0.01%), Sodium: 91.96mg (4%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Manganese: 0.16mg (8.17%), Vitamin B6: 0.1mg (4.83%),
Fiber: 0.95g (3.8%), Vitamin K: 2.77µg (2.63%), Vitamin C: 1.63mg (1.97%), Phosphorus: 17.79mg (1.78%), Copper:
0.03mg (1.74%), Folate: 6.5µg (1.62%), Magnesium: 6.18mg (1.54%), Iron: 0.27mg (1.5%), Vitamin A: 70.15IU (1.4%),
Potassium: 47.81mg (1.37%)