



Mediterranean Stacker

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

SIDE DISH

Ingredients

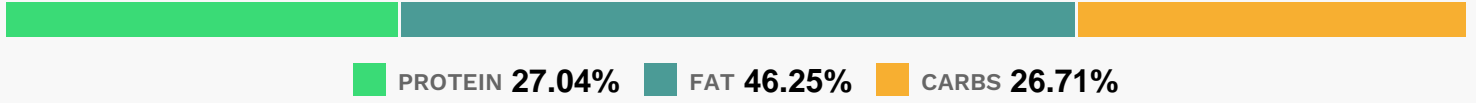
- 2 tuscan herb flatbread crackers
- 4 slices oscar mayer deli honey ham fresh
- 6 slices cucumber english thin
- 2 Tbsp athenos original hummus
- 1 singles kraft

Equipment

Directions

- Spread crackers with hummus.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.8730434593947%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 44.66kcal (2.23%), Fat: 2.38g (3.65%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.1g (1.22%), Cholesterol: 6.96mg (2.32%), Sodium: 152.15mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin K: 10.53µg (10.03%), Vitamin B1: 0.09mg (6.15%), Phosphorus: 46.78mg (4.68%), Selenium: 2.84µg (4.05%), Manganese: 0.08mg (3.86%), Potassium: 131.55mg (3.76%), Vitamin B6: 0.07mg (3.69%), Magnesium: 12.48mg (3.12%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.89%), Copper: 0.05mg (2.57%), Vitamin B5: 0.22mg (2.19%), Vitamin C: 1.75mg (2.12%), Iron: 0.37mg (2.07%), Fiber: 0.51g (2.02%), Folate: 7.63µg (1.91%), Vitamin A: 68.59IU (1.37%), Calcium: 13.54mg (1.35%), Vitamin B12: 0.07µg (1.19%)