



Meze Platter with Hummus, Shrimp Salad, and Cucumber Salad

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce garbanzo beans drained canned (chickpeas)
- 0.5 cucumber english unpeeled thinly sliced into rounds
- 3 ounces feta cheese crumbled
- 2 garlic clove peeled
- 2 teaspoons ground cumin
- 16 kalamata olives
- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh

- 1 tablespoon lemon zest packed finely grated ()
- 2 optional: lemon cut into wedges
- 0.5 cup yogurt plain low-fat (preferably Greek-style*)
- 6 ounce marinated artichoke drained
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- 1 teaspoon oregano dried
- 1 teaspoon bell pepper for sprinkling
- 2 tablespoons parsley fresh italian chopped
- 4 wholewheat pita breads
- 16 large shrimp with tails left intact cooked peeled
- 1 cup tomatoes diced seeded (3 medium)
- 2 tablespoons water

Equipment

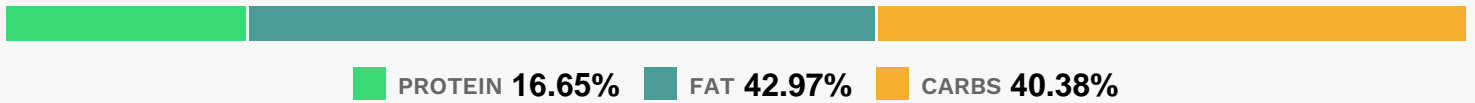
- bowl
- toaster

Directions

- Place 1 tablespoon garbanzo beans in small bowl and reserve for garnish.
- Combine remaining garbanzo beans, lemon juice, 2 tablespoons water, 2 tablespoons oil, garlic, cumin, and 1 teaspoon paprika in processor and blend until smooth.
- Transfer to small bowl. Season to taste with salt and pepper.
- Sprinkle reserved garbanzo beans over. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Let stand at room temperature 1 hour before using.
- Drizzle hummus lightly with oil and sprinkle lightly with paprika.
- Combine all ingredients in medium bowl and toss to blend. Season to taste with salt and pepper. DO AHEAD: Can be made 4 hours ahead. Cover and refrigerate.
- Arrange cucumber slices on plate; sprinkle with salt and pepper. Spoon yogurt over.

- Sprinkle with feta cheese and oregano. DO AHEAD: Can be made 1 hour ahead. Cover and refrigerate.
- Place marinated artichokes in small bowl. Arrange bowls of hummus, shrimp salad, and artichokes and plate with cucumber salad on large platter.
- Garnish with lemon wedges.
- Toast pita breads in toaster, then cut into wedges. Arrange pita wedges on platter with salads and serve.
- Greek-style yogurt is a thick yogurt; sold at some supermarkets and at specialty foods stores (such as Trader Joe's and Whole Foods markets) and Greek markets.

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:23.16, Inflammation Score:-8, Nutrition Score:17.134782703026%

Flavonoids

Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 392.88kcal (19.64%), Fat: 19.25g (29.61%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 33.94g (12.34%), Sugar: 3.99g (4.44%), Cholesterol: 56.77mg (18.92%), Sodium: 884.07mg (38.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.57%), Vitamin C: 36.86mg (44.68%), Manganese: 0.89mg (44.49%), Vitamin K: 33.86µg (32.25%), Fiber: 6.76g (27.05%), Vitamin B6: 0.51mg (25.51%), Phosphorus: 251.6mg (25.16%), Calcium: 225.05mg (22.51%), Copper: 0.36mg (17.85%), Iron: 2.97mg (16.5%), Vitamin A: 792.28IU (15.85%), Magnesium: 59.13mg (14.78%), Vitamin B2: 0.24mg (14%), Vitamin E: 2.1mg (13.99%), Vitamin B1: 0.2mg (13.17%), Potassium: 459.5mg (13.13%), Zinc: 1.94mg (12.91%), Folate: 49.89µg (12.47%), Vitamin B5: 0.8mg (8.01%), Vitamin B3: 1.36mg (6.81%), Selenium: 4.69µg (6.7%), Vitamin B12: 0.35µg (5.9%)