



Midday Mezze

 Vegetarian  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



355 kcal

Ingredients

- 0.5 cup baby carrots
- 1 cup cauliflower florets
- 0.1 tsp pepper red crushed
- 0.5 small cucumber cut into spears
- 0.8 cup yogurt plain fat-free
- 0.3 cup cilantro leaves fresh chopped
- 1 serving kosher salt and pepper black freshly ground
- 1 tablespoon juice of lime fresh
- 2 oz pita bread whole-wheat

- 4 radicchio leaves
- 1 large tomatoes chopped

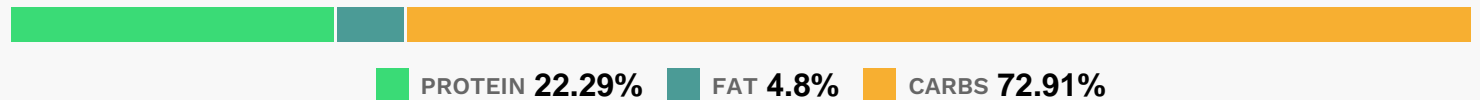
Equipment

- ziploc bags

Directions

- Split pita apart; tear each half into quarters. Toast and let cool.
- Arrange the carrot, cucumber, cauliflower, and radicchio in a portable container. Store pita crisps in a plastic bag.
- To make creamy dip: In a small portable container, stir together yogurt, cilantro, lime juice, and a pinch each salt and black pepper. To make spicy dip: In a second small container, combine tomato, red pepper, and a pinch each salt and black pepper. Refrigerate veggies and dips up to 2 days; keep pita at room temperature.

Nutrition Facts



Properties

Glycemic Index:246, Glycemic Load:32.43, Inflammation Score:-10, Nutrition Score:33.832173886506%

Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 355.01kcal (17.75%), Fat: 1.95g (2.99%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 66.5g (22.17%), Net Carbohydrates: 58.34g (21.21%), Sugar: 25.28g (28.08%), Cholesterol: 3.67mg (1.23%), Sodium: 543.13mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.67%), Vitamin A: 10764.57IU (215.29%), Vitamin C: 84.88mg (102.89%), Vitamin K: 65.07µg (61.97%), Calcium: 492.97mg (49.3%), Phosphorus: 472.2mg (47.22%),

Potassium: 1582.74mg (45.22%), Manganese: 0.84mg (42.05%), Folate: 154.76µg (38.69%), Vitamin B2: 0.63mg (37.34%), Fiber: 8.16g (32.64%), Vitamin B6: 0.57mg (28.66%), Vitamin B5: 2.73mg (27.34%), Vitamin B1: 0.41mg (27.23%), Magnesium: 103.86mg (25.96%), Zinc: 3.15mg (21%), Copper: 0.42mg (20.99%), Vitamin B12: 1.12µg (18.68%), Vitamin B3: 3.52mg (17.61%), Iron: 2.77mg (15.41%), Selenium: 8.01µg (11.45%), Vitamin E: 1.41mg (9.38%)