



Minted hummus pockets



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pot hummus
- ☐ 1 handful basil leaves
- ☐ 2 pitta breads
- ☐ 1 sticks pepper and cucumber

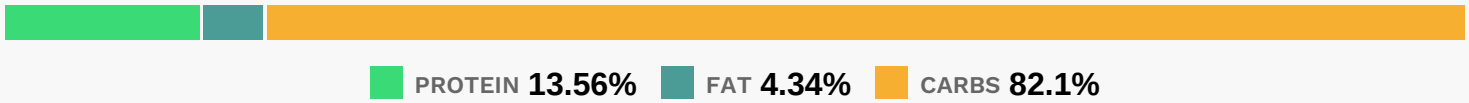
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Pour the hummus into a small bowl. Finely slice the mint or basil leaves, then stir into the hummus.
- ☐ Toast the pitta breads, then split them in half. Stuff the hummus mixture into the toasted pittas, along with the sticks of pepper and cucumber.
- ☐ Alternatively, for a packed lunch, return the herbed hummus to its pot and stuff the pittas just before eating.

Nutrition Facts



Properties

Glycemic Index:222.5, Glycemic Load:58.28, Inflammation Score:-2, Nutrition Score:7.5304347117958%

Nutrients (% of daily need)

Calories: 312.63kcal (15.63%), Fat: 1.49g (2.29%), Saturated Fat: 0.22g (1.34%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 60.41g (21.97%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 604.39mg (26.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Manganese: 0.7mg (34.85%), Vitamin B1: 0.3mg (20.17%), Vitamin B3: 2.43mg (12.17%), Phosphorus: 113.1mg (11.31%), Fiber: 2.81g (11.24%), Copper: 0.21mg (10.72%), Calcium: 104.67mg (10.47%), Iron: 1.75mg (9.74%), Vitamin K: 9.94µg (9.46%), Magnesium: 32.82mg (8.2%), Folate: 29.24µg (7.31%), Vitamin B2: 0.11mg (6.62%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.46mg (4.64%), Potassium: 155.87mg (4.45%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 111.27IU (2.23%)