



Open-Faced Hummus Sandwiches

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings asparagus
- ☐ 0.3 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 0.5 cup goat cheese crumbled
- ☐ 1.5 cups grape tomatoes quartered
- ☐ 0.3 cup spring onion chopped
- ☐ 8 ounce water plain
- ☐ 0.3 cup kalamata olives pitted chopped

- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 6 ounce sourdough bread

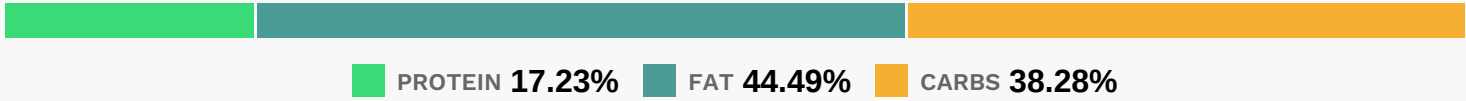
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange bread on a baking sheet. Broil 1 minute or until toasted.
- ☐ Combine tomatoes and next 6 ingredients (through garlic).
- ☐ Spread about 1/4 cup hummus over each bread slice. Divide tomato mixture evenly among servings. Top each serving with 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:18.91, Inflammation Score:-8, Nutrition Score:16.86434798137%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 342.23kcal (17.11%), Fat: 17.38g (26.74%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 28.08g (10.21%), Sugar: 3.95g (4.39%), Cholesterol: 13.05mg (4.35%), Sodium: 783.97mg (34.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.28%), Manganese: 0.8mg (39.84%), Copper: 0.63mg (31.35%), Vitamin B1: 0.45mg (30.26%), Folate: 117.3µg (29.33%), Vitamin K: 25.33µg (24.12%), Phosphorus: 235.78mg (23.58%), Fiber: 5.57g (22.29%), Iron: 3.97mg (22.04%), Selenium: 14.69µg (20.99%),

Vitamin B2: 0.35mg (20.35%), Vitamin A: 900.12IU (18%), Magnesium: 67.69mg (16.92%), Vitamin B6: 0.29mg (14.64%), Vitamin B3: 2.91mg (14.57%), Zinc: 1.89mg (12.58%), Vitamin C: 9.51mg (11.53%), Calcium: 101.59mg (10.16%), Potassium: 352.11mg (10.06%), Vitamin E: 1.33mg (8.84%), Vitamin B5: 0.48mg (4.77%)