



Red Pepper Hummus Pita Sandwiches



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz garbanzo beans rinsed drained canned
- ☐ 1 cucumber thinly sliced
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 8 romaine leaves
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup roasted peppers red drained (from 7.25-oz jar)
- ☐ 4 6-inch day old pita bread whole wheat halved () (pocket)

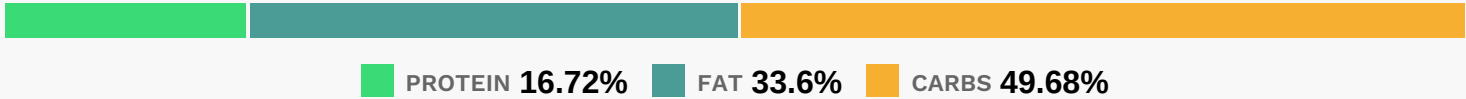
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In food processor bowl with metal blade, combine chickpeas, lemon juice, oil and garlic; process 1 to 2 minutes or until smooth.
- ☐ Add roasted peppers; process 30 to 60 seconds or until peppers are finely chopped.
- ☐ To assemble sandwiches, place lettuce leaf and cucumber slices in each pita bread half. Spoon about 3 tablespoons hummus in each.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:14.409130231194%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 148.47kcal (7.42%), Fat: 5.76g (8.86%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 13.24g (4.82%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 474.77mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Vitamin A: 3684.89IU (73.7%), Manganese: 1.13mg (56.5%), Vitamin B6: 0.63mg (31.64%), Fiber: 5.93g (23.71%), Vitamin C: 18.49mg (22.41%), Folate: 58.33µg (14.58%), Phosphorus: 121.45mg (12.14%), Copper: 0.24mg (11.95%), Magnesium: 46.52mg (11.63%), Iron: 2.08mg (11.54%), Potassium: 376.85mg (10.77%), Vitamin B1: 0.12mg (7.7%), Calcium: 72.9mg (7.29%), Vitamin K: 7.55µg (7.19%), Zinc: 1.01mg (6.75%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.52mg (5.24%), Vitamin E: 0.68mg (4.56%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.46mg (2.32%)