



## Roasted-Garlic Hummus and Goat Cheese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons balsamic vinegar
- 4 small ciabatta rolls cut in half horizontally (4 inch)
- 0.8 cup cucumber peeled sliced
- 1 tablespoon goat cheese soft (from 5.3-oz container)
- 0.5 bell pepper green cut into thin strips
- 2 tablespoons kalamata olives pitted chopped
- 2 large plum tomatoes cut into thin slices (Roma)

- 8 radicchio thinly
- 0.3 small onion red cut into thin slices
- 1 tablespoon roasted garlic (from 10-oz container)

## Equipment

- bowl
- toothpicks

## Directions

- In small bowl, mix hummus and goat cheese. Stir in olives.
- Spread 1 teaspoon hummus mixture over cut side of top half of each roll.
- Brush about 2 teaspoons balsamic vinegar over cut side of bottom half of each roll.
- On bottom half of each roll, layer 4 cucumber slices, 3 tomato slices, 1 onion slice, 4 bell pepper strips and 2 radicchio leaves. Cover with top halves of rolls. Insert toothpick into each sandwich.
- Serve immediately.

## Nutrition Facts



**PROTEIN 14.68%** **FAT 9.93%** **CARBS 75.39%**

## Properties

Glycemic Index:42.5, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:4.18086957478%

## Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

## Nutrients (% of daily need)

Calories: 171.58kcal (8.58%), Fat: 1.89g (2.91%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 30.57g (11.11%), Sugar: 3.69g (4.1%), Cholesterol: 1.61mg (0.54%), Sodium: 355.99mg (15.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Vitamin C: 18.3mg (22.18%), Vitamin K: 10.63µg (10.12%), Vitamin A: 383.95IU (7.68%), Fiber: 1.72g (6.9%), Manganese: 0.14mg (6.8%), Vitamin B6: 0.12mg (5.75%), Potassium: 173.54mg (4.96%), Copper: 0.09mg (4.74%), Phosphorus: 32.91mg (3.29%), Folate: 12.73µg (3.18%), Magnesium: 11.78mg (2.94%), Vitamin E: 0.44mg (2.91%), Vitamin B1: 0.04mg (2.56%), Calcium: 23.88mg (2.39%), Iron: 0.42mg (2.34%), Vitamin B2: 0.03mg (2.03%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.21mg (1.37%)