



Roasted-Garlic Hummus and Goat Cheese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon water (from 10-oz container)
- ☐ 1 tablespoon goat cheese soft (from 5.3-oz container)
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 4 small ciabatta rolls cut in half horizontally (4 inch)
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.8 cup cucumber peeled sliced
- ☐ 2 large plum tomatoes cut into thin slices (Roma)

- ☐ 0.3 small onion red cut into thin slices
- ☐ 0.5 bell pepper green cut into thin strips
- ☐ 8 radicchio thinly

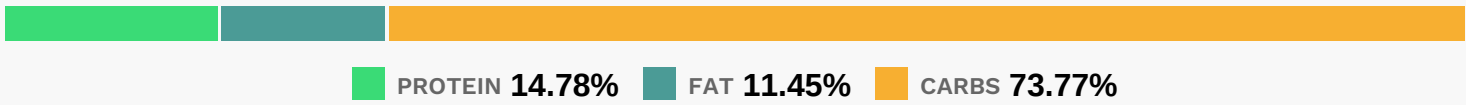
Equipment

- ☐ 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



Properties

Glycemic Index:40.88, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:4.2234783023596%

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 Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 174.41kcal (8.72%), Fat: 2.22g (3.41%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.24g (10.99%), Sugar: 3.67g (4.07%), Cholesterol: 1.61mg (0.54%), Sodium: 368.92mg (16.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin C: 17.67mg (21.42%), Vitamin K: 10.59µg (10.09%), Vitamin A: 384.83IU (7.7%), Fiber: 1.89g (7.57%), Manganese: 0.13mg (6.48%), Copper: 0.11mg (5.36%), Potassium: 173.5mg (4.96%), Vitamin B6: 0.1mg (4.86%), Folate: 15.58µg (3.89%), Phosphorus: 36.01mg (3.6%), Magnesium: 13.76mg (3.44%), Vitamin E: 0.44mg (2.9%), Vitamin B1: 0.04mg (2.72%), Iron: 0.47mg (2.63%), Calcium: 21.59mg (2.16%), Vitamin B2: 0.03mg (2.03%), Zinc: 0.25mg (1.64%), Vitamin B3: 0.32mg (1.61%), Vitamin B5: 0.15mg (1.45%)