



 **8%**
HEALTH SCORE

Seven Layer Mediterranean Dip With Rosemary Butter Flatbread

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 0.5 cup cilantro leaves minced
- 1 cup couscous plain cooked
- 8 ounces feta cheese crumbled
- 5 flat parsely prepared
- 1 teaspoon rosemary leaves fresh
- 2 teaspoons rosemary leaves fresh

- 3 garlic clove
- 0.3 cup spring onion diced
- 1 tablespoon ground cumin
- 20 servings pepper fresh black
- 1 cup kalamata olives pitted
- 8 ounces optional: lemon prepared
- 2 tablespoons juice of lemon
- 12 ounce marinated artichoke drained chopped
- 0.3 cup olive oil
- 2 tablespoons olive oil
- 1 teaspoon orange zest grated
- 1 tablespoon oregano
- 1 cup parsley minced
- 0.3 cup pinenuts
- 1 cup pinenuts
- 4 mushroom caps chopped
- 4 ounces sun-dried olives drained chopped
- 2 medium tomatoes seeded chopped

Equipment

- food processor
- oven
- whisk
- baking pan

Directions

- Prepare the Wild Mushroom Couscous. Cook 1 cup of plain couscous according to package directions and let it cool to room temperature.
- Whisk together lemon juice and olive oil.

- Pour into couscous and add the next 5 ingredients, stirring to mix well. Line a nine-inch glass pie plate with the wild mushroom couscous. Prepare the Spicy Lemon Hummus. Stir the ground cumin and black pepper into the prepared lemon hummus.
- Spread the spicy lemon hummus on top of the couscous mixture. Prepare the Kalamata Olive Tapenade. Mince garlic in food processor and then add the next seven ingredients. Slowly add the olive oil while the blade is running. Process until smooth.
- Spread one cup of the tapenade over the hummus layer. (The recipe will make slightly more tapenade than you need). Arrange chopped artichoke hearts as the next layer, followed in turn by layers of feta cheese, sundried tomatoes, and parsley.
- Serve immediately or cover and refrigerate. Bring to room temperature before serving. Prepare the Flatbread with Rosemary Butter. Stir rosemary into the melted butter and brush on the flatbread.
- Heat on baking tray in 350 degree oven for one to two minutes.

Nutrition Facts

PROTEIN 9.51%

FAT 63.34%

CARBS 27.15%

Properties

Glycemic Index: 26.63, Glycemic Load: 7.63, Inflammation Score: -7, Nutrition Score: 13.228260822918%

Flavonoids

Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 223.85kcal (11.19%), Fat: 16.5g (25.38%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 13.13g (4.78%), Sugar: 3.45g (3.83%), Cholesterol: 13.1mg (4.37%), Sodium: 372.43mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin K: 66.46µg (63.3%), Manganese: 0.98mg (49.07%), Vitamin C: 18.86mg (22.86%), Vitamin A: 742.35IU (14.85%), Phosphorus: 132.26mg (13.23%), Copper: 0.25mg (12.65%), Vitamin E: 1.88mg (12.55%), Iron: 2.05mg (11.37%), Magnesium: 45.27mg (11.32%), Fiber: 2.78g (11.12%), Potassium: 361.77mg (10.34%), Vitamin B2: 0.17mg (10.25%), Calcium: 98.19mg (9.82%), Vitamin B1: 0.13mg (8.56%), Zinc: 1.22mg (8.12%), Vitamin B3: 1.58mg (7.91%), Selenium: 4.63µg (6.61%), Vitamin B6: 0.13mg (6.33%), Folate: 24.51µg (6.13%), Vitamin B5: 0.43mg (4.25%), Vitamin B12: 0.19µg (3.23%)