



Skinny Greek Layered Dip

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 6-inch day old pita bread whole wheat (pocket) ()
- ☐ 1 serving pam original flavor shopping list
- ☐ 1 container water plain (7)
- ☐ 6 oz greek yogurt plain fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon pepper
- ☐ 1 medium plum tomatoes seeded chopped (Roma)

- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 0.3 cup cucumber seeded finely chopped
- ☐ 2 oz feta cheese crumbled
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 1 teaspoon olive oil
- ☐ 0.5 medium cucumber sliced
- ☐ 1 medium bell pepper green red cut into strips

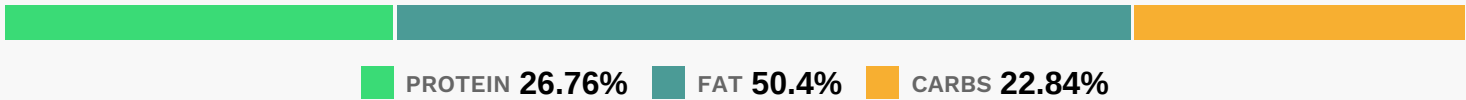
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Split each pita bread horizontally to make 2 rounds.
- ☐ Cut each round into 6 wedges. Arrange on ungreased large cookie sheet, rough surface up. Spray with cooking spray (about 5 seconds).
- ☐ Bake 8 to 10 minutes or until golden brown and crisp; cool.
- ☐ Meanwhile, spread hummus on shallow serving platter or in pie plate. In small bowl, mix yogurt, parsley, lemon juice and pepper; spread evenly over hummus. Top with tomato, olives, chopped cucumber, feta cheese and onions.
- ☐ Drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.1008695597234%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 35.49kcal (1.77%), Fat: 2.05g (3.15%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.09g (1.21%), Cholesterol: 4.91mg (1.64%), Sodium: 119.82mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin C: 10.06mg (12.2%), Vitamin K: 12.16µg (11.59%), Vitamin B2: 0.09mg (5.24%), Calcium: 46.31mg (4.63%), Phosphorus: 42.59mg (4.26%), Vitamin A: 172.68IU (3.45%), Vitamin B6: 0.07mg (3.26%), Selenium: 2.25µg (3.21%), Vitamin B12: 0.18µg (2.98%), Potassium: 79.28mg (2.27%), Fiber: 0.53g (2.1%), Folate: 8.13µg (2.03%), Manganese: 0.04mg (1.98%), Vitamin E: 0.28mg (1.9%), Zinc: 0.27mg (1.81%), Magnesium: 6.7mg (1.67%), Vitamin B1: 0.02mg (1.65%), Copper: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.42%), Iron: 0.2mg (1.09%)