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Bread Service ♦♦

A bread service is a popular appetizer or side dish that consists of a variety of breads served with different spreads and dips. It is commonly found in Mediterranean and Middle Eastern cuisines. The breads can be toasted or served fresh, and the spreads can range from olive oil and balsamic vinegar to hummus and tzatziki. This recipe provides a basic guide for creating a bread service, but feel free to customize it with your favorite breads and spreads.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	baguette
200 g	pita bread
4 tbsp	Olive oil

4 tbsp	Balsamic Vinegar
200 g	hummus
200 g	tzatziki

Directions

Step 1

Cut

Slice the baguette and pita bread into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Arrange the bread pieces on a serving platter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Drizzle olive oil and balsamic vinegar over the bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serve hummus and tzatziki in separate bowls alongside the bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	40 mg	4%	4%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Salads

Appetizers

Sauces & Dressings

Breads

Snacks

Cultural

Chinese New Year

Cuisines

Middle Eastern

Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

Nutritional Content

Low Calorie

Low Fat

Sugar-Free

High Vitamin C

High Calcium

Kitchen Tools

Stove

Slow Cooker

Difficulty Level

Easy

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