



WHATSheATE



Apple 'N Cheddar Tuna Pitas



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



312 kcal

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 0.3 cup apples finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 2 cans tuna in water flaked drained (5 oz. ea.)
- ☐ 4 servings pita breads plain whole wheat halved (8-in.)

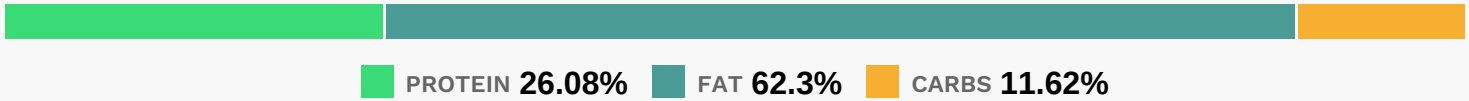
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients except pita breads in medium bowl. Evenly stuff pita breads with tuna mixture.
- ☐ Also terrific with Hellmann's or Best Foods Real Mayonnaise

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:15.190000127191%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 312.24kcal (15.61%), Fat: 21.56g (33.17%), Saturated Fat: 6.18g (38.62%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.3g (3.02%), Sugar: 7.01g (7.79%), Cholesterol: 59.44mg (19.81%), Sodium: 665.31mg (28.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Selenium: 62.81µg (89.73%), Vitamin B3: 8.55mg (42.73%), Vitamin B12: 2.52µg (42.03%), Vitamin K: 33.75µg (32.15%), Phosphorus: 259.76mg (25.98%), Calcium: 240.07mg (24.01%), Vitamin B6: 0.3mg (14.91%), Iron: 1.67mg (9.3%), Vitamin E: 1.26mg (8.38%), Vitamin D: 1.18µg (7.89%), Vitamin B2: 0.13mg (7.7%), Zinc: 1.15mg (7.64%), Magnesium: 27.27mg (6.82%), Potassium: 211.24mg (6.04%), Vitamin A: 291.6IU (5.83%), Manganese: 0.07mg (3.64%), Copper: 0.07mg (3.3%), Fiber: 0.75g (3%), Vitamin B5: 0.29mg (2.88%), Vitamin B1: 0.04mg (2.5%), Folate: 8.87µg (2.22%)