



BBQ Turkey Pita

READY IN



5 min.

SERVINGS



5

CALORIES



83 kcal

Ingredients

- 2 Tbsp bull's-eye original barbecue sauce
- 0.3 cup milk mild cheddar cheese shredded 2% kraft
- 1 tomatoes
- 0.5 cup turkey cooked chopped
- 1 pita bread whole wheat

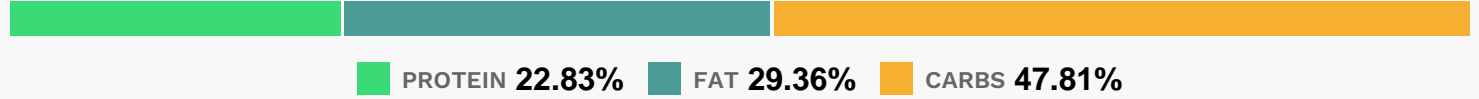
Equipment

- microwave

Directions

- Spread pita bread with barbecue sauce; top with remaining ingredients.
- Place on microwaveable plate.
- Microwave on HIGH 1 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:4.3169564850952%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 82.54kcal (4.13%), Fat: 2.77g (4.25%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.09g (3.31%), Sugar: 3.25g (3.61%), Cholesterol: 12.81mg (4.27%), Sodium: 166.51mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Selenium: 8.73µg (12.48%), Manganese: 0.23mg (11.66%), Phosphorus: 71.49mg (7.15%), Vitamin B3: 1.27mg (6.33%), Vitamin B6: 0.12mg (5.89%), Vitamin A: 282.33IU (5.65%), Calcium: 47.42mg (4.74%), Fiber: 1.04g (4.16%), Vitamin C: 3.41mg (4.13%), Zinc: 0.61mg (4.05%), Magnesium: 15.33mg (3.83%), Vitamin B1: 0.05mg (3.67%), Vitamin B2: 0.06mg (3.57%), Potassium: 119.73mg (3.42%), Copper: 0.06mg (3.07%), Iron: 0.55mg (3.04%), Vitamin B12: 0.18µg (3.02%), Folate: 9.63µg (2.41%), Vitamin B5: 0.23mg (2.3%), Vitamin K: 2.36µg (2.25%), Vitamin E: 0.31mg (2.05%)