



Beefy Greek Pita Folds

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

Ingredients

- 0.5 cup cucumber peeled finely chopped
- 1 teaspoon dill dried
- 3 cloves garlic finely chopped
- 1 lb ground beef 80% lean (at least)
- 1 cup yogurt plain fat free yoplait® (from 32 oz. container)
- 0.3 cup olives ripe sliced
- 1 small onion sliced cut in half lengthwise,
- 1 teaspoon oregano dried
- 4 7-inch wholewheat pita breads greek-style soft (6 or)
- 0.5 teaspoon salt

0.5 cup tomatoes seeded chopped

Equipment

bowl

frying pan

Directions

In 10-inch skillet, cook ground beef, onion, garlic, oregano and 1/4 teaspoon of the salt over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked.

Drain. Stir in olives.

Meanwhile, in medium bowl, stir together cucumber, tomato, yogurt, dill and remaining 1/4 teaspoon salt.

On each of 4 individual serving plates, Spoon 1/4 of beef mixture on half of each pita. Top each with yogurt mixture; fold other half of pita over filling.

Serve with remaining yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:14.762608662896%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 354.97kcal (17.75%), Fat: 24.22g (37.26%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.25g (6.95%), Cholesterol: 81.74mg (27.25%), Sodium: 553.8mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Vitamin B12: 2.8µg (46.67%), Zinc: 5.48mg (36.56%), Phosphorus: 295.22mg (29.52%), Selenium: 19.74µg (28.2%), Vitamin B3: 5.09mg (25.47%),

Vitamin B6: 0.48mg (24.17%), Vitamin B2: 0.33mg (19.47%), Calcium: 172.46mg (17.25%), Potassium: 583.06mg (16.66%), Iron: 2.78mg (15.45%), Vitamin B5: 1.06mg (10.64%), Magnesium: 40.94mg (10.24%), Vitamin K: 8.17µg (7.78%), Manganese: 0.15mg (7.42%), Vitamin B1: 0.11mg (7.28%), Vitamin C: 5.77mg (6.99%), Vitamin E: 0.99mg (6.59%), Copper: 0.13mg (6.56%), Folate: 25.48µg (6.37%), Fiber: 1.23g (4.93%), Vitamin A: 228.25IU (4.56%)