



Cabbage Stuffed Pita Pockets

READY IN



40 min.

SERVINGS



6

CALORIES



361 kcal

Ingredients

- 1 head cabbage cored chopped
- 1 cup carrots shredded
- 6 servings salt and ground pepper black to taste
- 1 pound ground beef lean
- 4.5 ounce mushroom stems and pieces drained canned
- 0.5 onion chopped
- 1 cup mozzarella cheese shredded
- 6 pita breads whole wheat halved

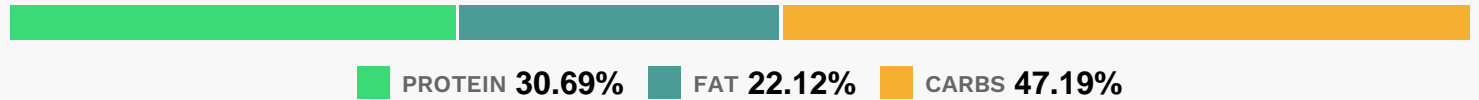
Equipment

- bowl
- frying pan

Directions

- Heat a large skillet over medium-high heat and cook and stir the ground beef until the meat is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease.
- Transfer ground beef to a bowl; set aside. Cook and stir the cabbage, onion, carrots, and mushroom in the skillet over medium-high heat until the vegetables are tender, 5 to 7 minutes. Stir in the beef, and season with salt and pepper.
- Fill each pita half with the hot cabbage mixture. Top with mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:34.216086636419%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 361.47kcal (18.07%), Fat: 9.2g (14.15%), Saturated Fat: 4.35g (27.17%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 35.96g (13.08%), Sugar: 8.46g (9.4%), Cholesterol: 61.62mg (20.54%), Sodium: 446.1mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.43%), Vitamin K: 119.47µg (113.78%), Vitamin A: 3839.17IU (76.78%), Vitamin C: 57.77mg (70.03%), Manganese: 1.29mg (64.74%), Selenium: 43.47µg (62.1%), Phosphorus: 384.48mg (38.45%), Zinc: 5.7mg (37.97%), Vitamin B3: 7.11mg (35.53%), Vitamin B12: 2.13µg (35.46%), Vitamin B6: 0.7mg (35.11%), Fiber: 8.19g (32.76%), Iron: 4.51mg (25.03%), Folate: 99.19µg (24.8%), Vitamin B1: 0.35mg (23.63%), Vitamin B2: 0.38mg (22.38%), Potassium: 778.82mg (22.25%), Magnesium: 82.73mg (20.68%), Calcium: 180.23mg (18.02%), Vitamin B5: 1.69mg (16.87%), Copper: 0.33mg (16.68%), Vitamin E: 0.96mg (6.41%), Vitamin D: 0.19µg (1.29%)