



Caesar Pockets

READY IN



10 min.

SERVINGS



10

CALORIES



118 kcal

SIDE DISH

Ingredients

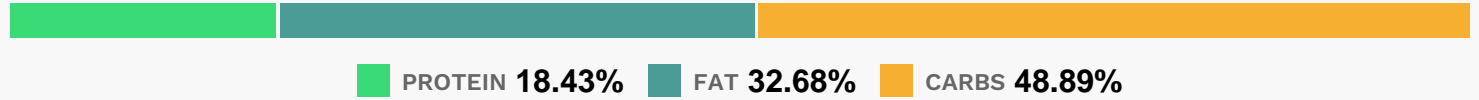
- 0.3 cup classic caesar dressing kraft
- 6 oz oscar mayer deli turkey breast smoked fresh cut into strips
- 3 Tbsp parmesan cheese grated kraft
- 4 pita breads warmed cut in half
- 0.3 cup roasted pepper strips red drained
- 4 cups tightly torn romaine lettuce packed

Equipment

Directions

- Combine all ingredients except pitas.
- Spoon into pita pockets.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:11.62, Inflammation Score:-8, Nutrition Score:5.545217377984%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 117.87kcal (5.89%), Fat: 4.27g (6.57%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 13.42g (4.88%), Sugar: 0.68g (0.75%), Cholesterol: 9.04mg (3.01%), Sodium: 469.58mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin A: 1670.65IU (33.41%), Vitamin K: 25.46µg (24.25%), Folate: 31.71µg (7.93%), Phosphorus: 78.16mg (7.82%), Manganese: 0.15mg (7.3%), Vitamin B1: 0.08mg (5.01%), Copper: 0.09mg (4.75%), Calcium: 44.85mg (4.49%), Iron: 0.78mg (4.35%), Fiber: 0.96g (3.84%), Magnesium: 14.08mg (3.52%), Potassium: 117.76mg (3.36%), Zinc: 0.46mg (3.04%), Vitamin C: 2.4mg (2.91%), Vitamin B3: 0.56mg (2.81%), Vitamin B2: 0.04mg (2.42%), Vitamin E: 0.31mg (2.07%), Vitamin B6: 0.03mg (1.52%), Vitamin B5: 0.13mg (1.27%), Selenium: 0.7µg (1.01%)