



Cool Crunchy Ham & Cheese Pita

READY IN



10 min.

SERVINGS



10

CALORIES



58 kcal

Ingredients

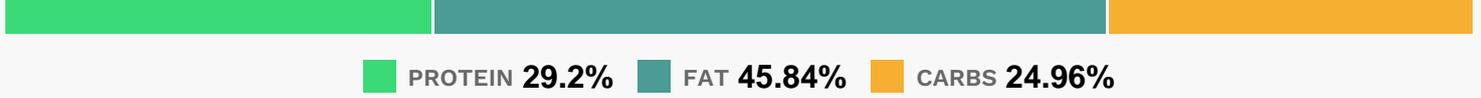
- 0.3 cup broccoli chopped
- 6 slices oscar mayer deli ham smoked fresh
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 Tbsp bell pepper red chopped
- 1 pita bread whole wheat

Equipment

Directions

- Spread dressing onto bread.
- Top with vegetables, ham and 2% Milk Singles.
- Cut into quarters to serve.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.9208695745986%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 58.12kcal (2.91%), Fat: 2.97g (4.57%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.45g (0.5%), Cholesterol: 10.57mg (3.52%), Sodium: 236.45mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Selenium: 6.34µg (9.05%), Vitamin B1: 0.12mg (8.17%), Manganese: 0.11mg (5.33%), Vitamin C: 4.34mg (5.26%), Phosphorus: 48.14mg (4.81%), Vitamin B3: 0.94mg (4.7%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.49mg (3.26%), Vitamin B2: 0.05mg (2.7%), Vitamin K: 2.41µg (2.3%), Potassium: 69.37mg (1.98%), Magnesium: 7.75mg (1.94%), Iron: 0.34mg (1.91%), Fiber: 0.47g (1.87%), Vitamin B12: 0.11µg (1.8%), Copper: 0.03mg (1.58%), Vitamin A: 73.15IU (1.46%), Vitamin B5: 0.14mg (1.42%), Folate: 4.71µg (1.18%)