



Creamy Apple-and-Pecan Salad Pita Pockets

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



171 kcal

Ingredients

- 0.5 cup creamy apple-and-pecan salad
- 0.3 cup salad greens mixed
- 2 servings regular pita rounds

Equipment

Directions

- Cut 1 regular pita round in half. Stuff pita halves evenly with 1/4 cup mixed salad greens and 1/2 cup Creamy Apple-and-Pecan Salad.

Nutrition Facts

PROTEIN 12.32% FAT 3.85% CARBS 83.83%

Properties

Glycemic Index:64.5, Glycemic Load:30.2, Inflammation Score:-2, Nutrition Score:3.8452173846409%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 0.73g (1.12%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 33.68g (12.25%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 301.77mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Manganese: 0.29mg (14.38%), Vitamin B1: 0.16mg (10.42%), Fiber: 1.98g (7.93%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 59.71mg (5.97%), Copper: 0.1mg (5.25%), Calcium: 50.69mg (5.07%), Iron: 0.85mg (4.74%), Magnesium: 16.67mg (4.17%), Folate: 16.23µg (4.06%), Vitamin B2: 0.06mg (3.82%), Zinc: 0.49mg (3.29%), Vitamin C: 2.6mg (3.15%), Potassium: 109.24mg (3.12%), Vitamin B5: 0.25mg (2.47%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 73.68IU (1.47%)