



Cucumber-Tuna Salad Pitass

READY IN



15 min.

SERVINGS



4

CALORIES



137 kcal

Ingredients

- ☐ 7 oz albacore tuna – sashimi grade
- ☐ 0.5 cup cucumber chopped
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 cup lettuce shredded
- ☐ 0.3 cup salad dressing reduced-fat
- ☐ 2 tablespoons onion red chopped
- ☐ 1 teaspoon suya seasoning mix salt-free
- ☐ 0.5 cup tomatoes chopped
- ☐ 2 8-inch day old pita bread whole wheat (pocket) ()

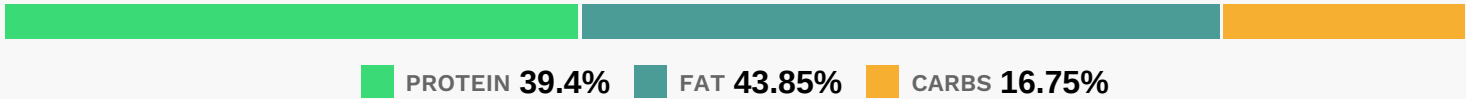
Equipment

☐ bowl

Directions

- ☐ In medium bowl, mix tuna, reduced-fat mayonnaise, yogurt, cucumber, onion, dill weed and seasoning blend.
- ☐ Cut pita breads in half crosswise to form pockets. Spoon 1/4 of mixture into each pita bread half.
- ☐ Add lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:9.5613045070482%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 136.62kcal (6.83%), Fat: 6.59g (10.14%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.16g (3.51%), Cholesterol: 26.39mg (8.8%), Sodium: 299.45mg (13.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.65%), Selenium: 33.48µg (47.83%), Vitamin K: 39.23µg (37.36%), Phosphorus: 156.13mg (15.61%), Vitamin B3: 3.11mg (15.56%), Vitamin B12: 0.67µg (11.23%), Vitamin B6: 0.17mg (8.35%), Potassium: 280.23mg (8.01%), Magnesium: 28.76mg (7.19%), Manganese: 0.14mg (7.13%), Calcium: 66.65mg (6.67%), Vitamin D: 0.99µg (6.61%), Iron: 1.16mg (6.47%), Vitamin A: 317.28IU (6.35%), Vitamin E: 0.79mg (5.26%), Vitamin C: 4.17mg (5.05%), Fiber: 1.21g (4.84%), Vitamin B2: 0.08mg (4.59%), Folate: 17.22µg (4.3%), Zinc: 0.52mg (3.49%), Copper: 0.06mg (3.01%), Vitamin B5: 0.25mg (2.54%), Vitamin B1: 0.04mg (2.46%)