



Cucumber-Tuna Salad Pitas

READY IN



15 min.

SERVINGS



4

CALORIES



137 kcal

Ingredients

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

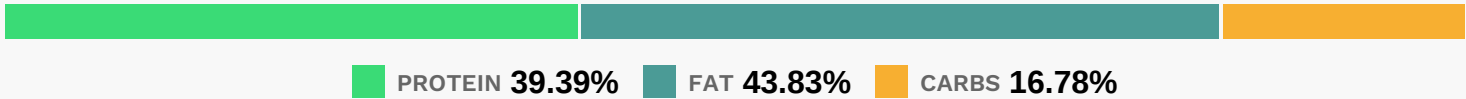
Equipment

☐ 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:33, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:9.6073914403501%

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: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 136.71kcal (6.84%), Fat: 6.59g (10.14%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.16g (3.51%), Cholesterol: 26.39mg (8.8%), Sodium: 299.58mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Selenium: 33.48µg (47.83%), Vitamin K: 39.23µg (37.36%), Phosphorus: 156.26mg (15.63%), Vitamin B3: 3.12mg (15.58%), Vitamin B12: 0.67µg (11.23%), Vitamin B6: 0.17mg (8.36%), Potassium: 281.71mg (8.05%), Manganese: 0.15mg (7.26%), Magnesium: 28.87mg (7.22%), Calcium: 67.07mg (6.71%), Vitamin A: 332.72IU (6.65%), Vitamin D: 0.99µg (6.61%), Iron: 1.18mg (6.55%), Vitamin E: 0.79mg (5.26%), Vitamin C: 4.34mg (5.26%), Fiber: 1.21g (4.86%), Vitamin B2: 0.08mg (4.63%), Folate: 17.52µg (4.38%), Zinc: 0.52mg (3.5%), Copper: 0.06mg (3.02%), Vitamin B5: 0.25mg (2.55%), Vitamin B1: 0.04mg (2.47%)