



Curried Potato Pita Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 cup cucumber diced peeled
- ☐ 1 teaspoon cumin
- ☐ 2 tablespoons curry powder
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 tablespoons juice of lemon
- ☐ 8 oz onion peeled halved lengthwise thinly sliced
- ☐ 0.3 cup parsley chopped

- ☐ 3 pocket breads cut in half crosswise to make 6 pockets (6 in. wide)
- ☐ 1 cup nonfat yogurt plain
- ☐ 1.5 teaspoons salad oil
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds yukon gold scrubbed cut into 1/2-inch chunks

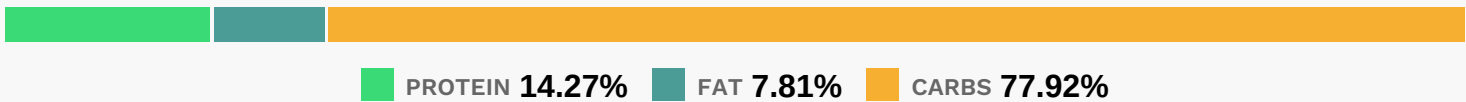
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toaster

Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, stir onion and 1 1/2 teaspoons garlic in oil until onion is limp and starting to brown, about 10 minutes. Stir in curry powder, cumin, cayenne, and 1/2 teaspoon salt.
- ☐ Add potatoes and 1 cup water and bring to a boil over high heat. Reduce heat, cover, and simmer, stirring occasionally, until potatoes are tender when pierced, about 15 minutes; if they start to stick, add 1 to 2 tablespoons water to pan as needed. Stir in parsley and more salt to taste.
- ☐ Meanwhile, in a bowl, mix yogurt, cucumber, lemon juice, and remaining 1/2 teaspoon garlic.
- ☐ Add salt to taste.
- ☐ Toast pocket breads lightly in a toaster and gently pull open. Spoon potato mixture equally into halves; spoon yogurt sauce over potatoes.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:30, Inflammation Score:-6, Nutrition Score:14.07739141713%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 1.98g (3.05%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 39.78g (14.46%), Sugar: 5.98g (6.65%), Cholesterol: 0.82mg (0.27%), Sodium: 387.11mg (16.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Vitamin K: 47.06µg (44.82%), Vitamin C: 31.33mg (37.97%), Manganese: 0.49mg (24.45%), Vitamin B6: 0.46mg (23.08%), Potassium: 747.33mg (21.35%), Fiber: 4.69g (18.76%), Phosphorus: 181.61mg (18.16%), Calcium: 147.71mg (14.77%), Vitamin B1: 0.22mg (14.58%), Magnesium: 54.51mg (13.63%), Iron: 2.42mg (13.44%), Folate: 46.37µg (11.59%), Copper: 0.23mg (11.28%), Vitamin B2: 0.18mg (10.84%), Vitamin B3: 2.04mg (10.18%), Vitamin B5: 0.8mg (8.03%), Zinc: 1.19mg (7.9%), Vitamin A: 318.08IU (6.36%), Vitamin E: 0.72mg (4.82%), Vitamin B12: 0.25µg (4.15%), Selenium: 2.53µg (3.62%)