



## Curry Turkey Pita

READY IN



10 min.

SERVINGS



1

CALORIES



301 kcal

### Ingredients

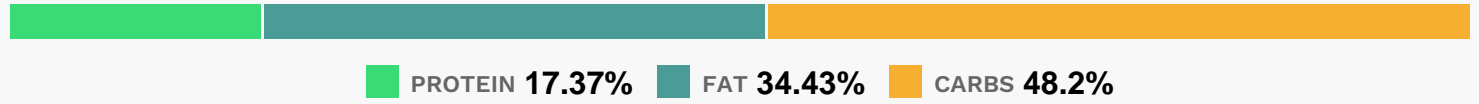
- 0.1 tsp curry powder
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 romaine leaves cut in half lengthwise
- 1 Tbsp real mayo mayonnaise kraft
- 1 milk singles 2% kraft
- 1 pita bread cut in half
- 0.3 bell pepper red cut into strips

### Equipment

## Directions

- Mix mayo and curry powder.
- Spread evenly onto insides of pita halves.
- Fill with lettuce, peppers, turkey and 2% Milk Singles.

## Nutrition Facts



## Properties

Glycemic Index:184, Glycemic Load:29.48, Inflammation Score:-9, Nutrition Score:12.261304290398%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 300.81kcal (15.04%), Fat: 11.47g (17.65%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 33.96g (12.35%), Sugar: 2.44g (2.71%), Cholesterol: 21.24mg (7.08%), Sodium: 968.46mg (42.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Vitamin A: 2720.89IU (54.42%), Vitamin C: 42.43mg (51.43%), Vitamin K: 24.2µg (23.05%), Manganese: 0.39mg (19.33%), Phosphorus: 185.07mg (18.51%), Vitamin B1: 0.19mg (12.8%), Copper: 0.22mg (11.19%), Iron: 1.76mg (9.8%), Folate: 37.37µg (9.34%), Magnesium: 35.09mg (8.77%), Fiber: 2.18g (8.72%), Potassium: 282.95mg (8.08%), Vitamin B3: 1.6mg (7.98%), Vitamin E: 1.05mg (7%), Zinc: 1.04mg (6.94%), Calcium: 67.66mg (6.77%), Vitamin B6: 0.13mg (6.7%), Vitamin B2: 0.11mg (6.4%), Vitamin B5: 0.34mg (3.44%)