



Devil in Your Pocket

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- 2 cups alfalfa sprouts
- 6 inch cucumber
- 1 tablespoon dijon mustard
- 1 Dash garlic powder
- 0.5 teaspoon horseradish prepared
- 0.3 cup pineapple preserves
- 2 7-inch pitas cut in half ()
- 10 ounces turkey cooked chopped

Equipment

bowl

Directions

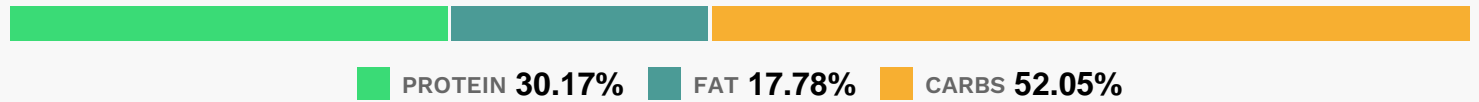
Combine first 4 ingredients in a bowl.

Add turkey; toss gently to coat. Cover; chill 1 hour.

Spread 2 tablespoons cream cheese in each pita half; fill each with 6 cucumber slices, 1/2 cup sprouts, and 1/2 cup turkey mixture.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:10.86, Inflammation Score:-2, Nutrition Score:6.281304359436%

Flavonoids

Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 158.02kcal (7.9%), Fat: 3.12g (4.79%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 19.67g (7.15%), Sugar: 13.96g (15.51%), Cholesterol: 36.23mg (12.08%), Sodium: 113.06mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin B3: 3.97mg (19.83%), Selenium: 12.69µg (18.12%), Vitamin B6: 0.32mg (15.91%), Phosphorus: 114.65mg (11.47%), Vitamin B12: 0.61µg (10.23%), Vitamin B2: 0.14mg (8.21%), Zinc: 1.11mg (7.37%), Vitamin B5: 0.53mg (5.3%), Magnesium: 20.74mg (5.19%), Vitamin K: 5.37µg (5.12%), Vitamin C: 4.14mg (5.02%), Copper: 0.1mg (4.99%), Potassium: 160.81mg (4.59%), Iron: 0.81mg (4.49%), Manganese: 0.07mg (3.51%), Folate: 13.86µg (3.47%), Vitamin B1: 0.05mg (3.4%), Fiber: 0.85g (3.39%), Calcium: 20.18mg (2.02%), Vitamin A: 59.17IU (1.18%), Vitamin D: 0.15µg (1.01%)