



Dressed Up Pita Pocket

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



80 kcal

Ingredients

- 4 slices oscar mayer bologna fat free
- 1 cup lettuce shredded
- 0.3 cup mild onion sliced
- 2 Tbsp free cream & onion ranch dressing sour kraft
- 0.3 cup tomatoes chopped
- 2 pita breads whole wheat

Equipment

Directions

- Toss lettuce, onion and tomato with dressing, set aside.
- Cut top 1/3 off each pita bread; discard or reserve for another use.
- Fill each pita pocket with 2 bologna slices and 1/2 of the lettuce mixture.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:3.3291304266971%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 80.02kcal (4%), Fat: 4.3g (6.62%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 7.78g (2.6%), Net Carbohydrates: 6.9g (2.51%), Sugar: 1.37g (1.52%), Cholesterol: 7.5mg (2.5%), Sodium: 182.77mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Selenium: 7.82µg (11.16%), Manganese: 0.22mg (10.83%), Vitamin K: 6.26µg (5.96%), Phosphorus: 47.49mg (4.75%), Vitamin B1: 0.07mg (4.59%), Vitamin B6: 0.07mg (3.73%), Fiber: 0.88g (3.53%), Vitamin B12: 0.21µg (3.48%), Vitamin B3: 0.64mg (3.19%), Zinc: 0.46mg (3.05%), Iron: 0.54mg (2.97%), Magnesium: 11.1mg (2.77%), Potassium: 81.06mg (2.32%), Copper: 0.04mg (2.22%), Vitamin B2: 0.04mg (2.11%), Folate: 8.12µg (2.03%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 77.8IU (1.56%), Calcium: 14.63mg (1.46%), Vitamin C: 1.1mg (1.33%), Vitamin E: 0.17mg (1.13%)