



Easy Turkey Pita

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



261 kcal

Ingredients

- 2 slices cucumber thin
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 pita bread half
- 1 Tbsp lite ranch dressing kraft
- 2 slices tomatoes thin

Equipment

Directions

Fill bread with turkey, tomatoes and cucumbers.

Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:29.11, Inflammation Score:-2, Nutrition Score:6.0765217442227%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.86kcal (13.04%), Fat: 7.71g (11.86%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 33.26g (12.1%), Sugar: 1.77g (1.96%), Cholesterol: 19.26mg (6.42%), Sodium: 1007.85mg (43.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.19%), Vitamin K: 21.27µg (20.25%), Phosphorus: 197mg (19.7%), Manganese: 0.29mg (14.41%), Copper: 0.23mg (11.4%), Vitamin B1: 0.16mg (10.46%), Iron: 1.4mg (7.77%), Magnesium: 30.17mg (7.54%), Zinc: 0.94mg (6.24%), Vitamin B3: 1.22mg (6.12%), Calcium: 59.8mg (5.98%), Potassium: 198.98mg (5.69%), Fiber: 1.35g (5.42%), Vitamin B2: 0.07mg (4.19%), Folate: 16.3µg (4.07%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.35mg (2.32%), Vitamin B6: 0.03mg (1.61%)