



Egg and Pepper Pitas



Vegetarian



Dairy Free

READY IN



11 min.

SERVINGS



5

CALORIES



122 kcal

Ingredients

- ☐ 0.5 avocado thinly sliced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 large eggs lightly beaten
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 tablespoon olive oil
- ☐ 17-inch wholewheat pita breads whole-wheat halved
- ☐ 1 small bell pepper green red seeded thinly sliced
- ☐ 0.3 cup salsa
- ☐ 5 servings salt and pepper

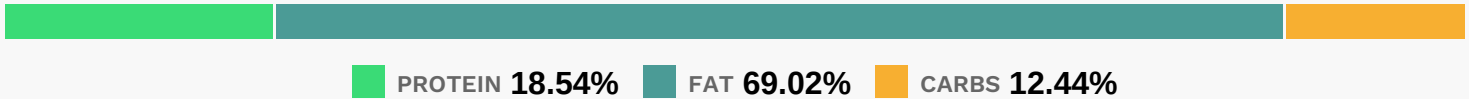
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300F. Wrap pita in foil and place in oven to warm. Warm oil in a small nonstick skillet over medium heat.
- ☐ Add bell pepper and jalapeo and cook, stirring occasionally, until tender, 3 to 4 minutes.
- ☐ Season eggs with salt and pepper. Reduce heat to medium-low.
- ☐ Add eggs to skillet and cook, stirring constantly, until eggs are scrambled but still slightly soft, 1 to 2 minutes.
- ☐ Remove skillet from heat and stir in cilantro.
- ☐ Remove pita from oven, unwrap, spoon egg mixture into pockets, top with avocado and salsa and serve.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:7.7191303501958%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 122.45kcal (6.12%), Fat: 9.63g (14.81%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.26g (1.4%), Cholesterol: 148.8mg (49.6%), Sodium: 339.31mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin C: 17.93mg (21.73%), Selenium: 12.5µg

(17.85%), Vitamin B2: 0.22mg (12.99%), Vitamin E: 1.58mg (10.53%), Vitamin K: 10.7µg (10.19%), Phosphorus: 98.13mg (9.81%), Folate: 38.44µg (9.61%), Vitamin B5: 0.95mg (9.48%), Vitamin B6: 0.19mg (9.48%), Vitamin A: 448.83IU (8.98%), Fiber: 1.94g (7.77%), Potassium: 224.04mg (6.4%), Vitamin B12: 0.36µg (5.93%), Vitamin D: 0.8µg (5.33%), Iron: 0.96mg (5.32%), Zinc: 0.7mg (4.67%), Copper: 0.09mg (4.44%), Manganese: 0.08mg (4.01%), Magnesium: 14.77mg (3.69%), Vitamin B3: 0.65mg (3.24%), Calcium: 31.15mg (3.11%), Vitamin B1: 0.04mg (2.98%)