



Egg, Avocado, and Crispy Prosciutto Pit

READY IN



25 min.

SERVINGS



2

CALORIES



315 kcal

Ingredients

- 0.5 avocado sliced
- 0.5 cup baby arugula
- 2 large hardboiled eggs sliced
- 0.3 tsp kosher salt
- 0.5 cup nonfat greek yogurt plain
- 0.3 teaspoon pepper
- 1 wholewheat pita breads whole-wheat cut in half
- 0.8 oz pancetta thinly sliced
- 0.3 cup roasted peppers red dry

Equipment

- food processor
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 35
- Set a wire rack on a rimmed baking sheet.
- Lay prosciutto on rack.
- Bake until crisp, about 20 minutes.
- Whirl bell peppers, yogurt, 1/4 tsp. kosher salt, and the pepper in a food processor until blended.
- Add more salt to taste to dressing if you like.
- Open pita halves carefully and coat each half with about 2 tbsp. dressing (reserve remaining dressing for another use).
- Divide eggs, avocado, and arugula between pita halves. Wedge a prosciutto slice inside each pocket.

Nutrition Facts



PROTEIN 20.92% **FAT 49.61%** **CARBS 29.47%**

Properties

Glycemic Index:100.5, Glycemic Load:14.96, Inflammation Score:-5, Nutrition Score:14.624347769696%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 314.76kcal (15.74%), Fat: 17.53g (26.96%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 19.09g (6.94%), Sugar: 2.63g (2.92%), Cholesterol: 196.02mg (65.34%), Sodium: 835.64mg (36.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.26%), Selenium: 22.77µg (32.53%), Vitamin B2: 0.51mg (29.89%), Phosphorus: 229.09mg (22.91%), Folate: 80.61µg (20.15%), Vitamin B5: 1.76mg (17.65%), Fiber: 4.34g (17.34%), Vitamin C: 13.91mg (16.86%), Vitamin B12: 0.96µg (15.97%), Vitamin K: 16.56µg (15.77%), Manganese: 0.3mg (15.07%), Vitamin B6: 0.29mg (14.75%), Potassium: 479.24mg (13.69%), Calcium: 127.6mg (12.76%), Vitamin B1: 0.19mg (12.57%), Vitamin A: 550.32IU (11.01%), Vitamin E: 1.63mg (10.87%), Vitamin B3: 2.15mg (10.77%), Zinc: 1.53mg (10.21%), Copper: 0.19mg (9.6%), Magnesium: 38.34mg (9.58%), Iron: 1.58mg (8.79%), Vitamin D: 1.14µg (7.62%)