



HEALTH SCORE

58%

Feta, Cucumber and Spinach Pita Sandwiches



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup hothouse cucumber english coarsely chopped
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons green onion chopped
- ☐ 0.3 cup oil-packed sun-dried tomatoes drained chopped

- ☐ 1 teaspoon olive oil
- ☐ 4 pita breads
- ☐ 1 cup nonfat yogurt plain
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Mix yogurt, garlic and cayenne in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill.)
- ☐ Mix cucumber, sun-dried tomatoes, green onion, mint, vinegar and oil in large bowl. Stir in spinach and feta cheese. Season to taste with salt and pepper.
- ☐ Let stand while preparing pita bread.
- ☐ Preheat oven to 350°F. Wrap pita breads in foil.
- ☐ Place in oven until heated through, about 10 minutes. Fill pita halves with cucumber mixture. Spoon some of yogurt dressing into each pita half.
- ☐ Serve, passing remaining yogurt dressing separately.
- ☐ Per serving: calories, 276; total fat, 6 g; saturated fat, 3 g; cholesterol, 17 mg
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:30.58, Inflammation Score:-10, Nutrition Score:24.586086845916%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 289.93kcal (14.5%), Fat: 6.83g (10.51%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 40.17g (14.61%), Sugar: 8.02g (8.91%), Cholesterol: 20.15mg (6.72%), Sodium: 633.07mg (27.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin K: 218.17µg (207.78%), Vitamin A: 4353.73IU (87.07%), Manganese: 0.86mg (43.1%), Calcium: 339.2mg (33.92%), Folate: 124.35µg (31.09%), Vitamin B2: 0.51mg (30.02%), Phosphorus: 279.18mg (27.92%), Potassium: 784.39mg (22.41%), Vitamin C: 17.97mg (21.78%), Magnesium: 84.29mg (21.07%), Vitamin B1: 0.3mg (19.8%), Iron: 3.04mg (16.91%), Copper: 0.3mg (15.02%), Zinc: 2.15mg (14.32%), Fiber: 3.57g (14.29%), Vitamin B6: 0.28mg (14.09%), Vitamin B3: 2.5mg (12.52%), Vitamin B12: 0.73µg (12.22%), Vitamin B5: 1.09mg (10.87%), Selenium: 6.37µg (9.09%), Vitamin E: 1.11mg (7.4%)