

Fiesta Pita

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



263 kcal

Ingredients

- ☐ 0.3 avocado diced pitted peeled
- ☐ 2 tablespoons feta cheese divided crumbled
- ☐ 2 teaspoons cilantro leaves fresh chopped to taste
- ☐ 1 serving hot sauce to taste
- ☐ 0.5 cup vegetarian refried beans
- ☐ 2 tablespoons salsa fresh to taste
- ☐ 1 6-inch pita bread whole wheat

Equipment

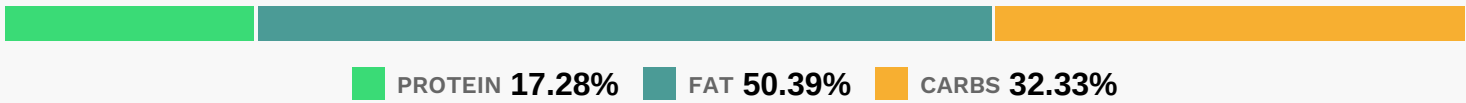
- ☐ sauce pan

- ☐ oven
- ☐ toaster

Directions

- ☐ Warm the pita in a toaster oven until fragrant, 1 or 2 minutes; cut in half and open up each half.
- ☐ Heat the beans in a small saucepan over medium heat until hot, and mix in the avocado.
Divide the bean mixture in half, and fill each half of the pita with half the bean mixture. Top each pita with 1 tablespoon of feta cheese, and add a dash of hot sauce and a teaspoon of chopped fresh cilantro to each.

Nutrition Facts



Properties

Glycemic Index:138, Glycemic Load:3.83, Inflammation Score:-5, Nutrition Score:11.217826125414%

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 Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 262.86kcal (13.14%), Fat: 14.78g (22.73%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 12.28g (4.46%), Sugar: 4.58g (5.09%), Cholesterol: 30.26mg (10.09%), Sodium: 1297.98mg (56.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Fiber: 9.05g (36.2%), Calcium: 222.5mg (22.25%), Vitamin B2: 0.36mg (21.4%), Vitamin B6: 0.33mg (16.64%), Phosphorus: 152.86mg (15.29%), Folate: 53.34µg (13.34%), Vitamin K: 13.14µg (12.52%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.5mg (10.02%), Potassium: 350.24mg (10.01%), Iron: 1.75mg (9.7%), Vitamin A: 483.7IU (9.67%), Vitamin B12: 0.57µg (9.58%), Zinc: 1.38mg (9.21%), Selenium: 6.03µg (8.62%), Vitamin B3: 1.6mg (8%), Vitamin C: 5.76mg (6.98%), Manganese: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.72%), Magnesium: 26.58mg (6.64%), Copper: 0.13mg (6.53%)