



HEALTH SCORE

93%

Garbanzo-Vegetable Pitas



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

Ingredients

- ☐ 4 cups bean sprouts
- ☐ 20 ounce garbanzo beans rinsed drained canned
- ☐ 1 cup carrots grated
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup kalamata olives diced
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.5 teaspoon oregano dried

- ☐ 6 servings garnish: parsley sprigs fresh
- ☐ 2 pepperoncini peppers chopped
- ☐ 6 6-inch pita bread rounds ()
- ☐ 0.3 cup purple onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 2 tablespoons cup heavy whipping cream light sour
- ☐ 3 tablespoons water

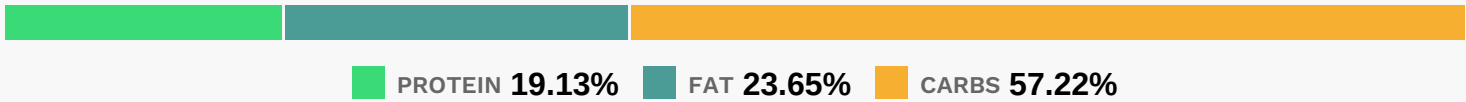
Equipment

- ☐ food processor

Directions

- ☐ Process first 6 ingredients in a food processor until smooth, stopping to scrape down sides. Chill.
- ☐ Toss together bean sprouts and next 7 ingredients.
- ☐ Spread garbanzo bean mixture evenly on bread rounds. Top each with bean sprouts mixture, and roll up.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:62.36, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:22.659130369354%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 151.93kcal (7.6%), Fat: 4.34g (6.68%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 16.26g (5.91%), Sugar: 5.45g (6.05%), Cholesterol: 1.4mg (0.47%), Sodium: 471.26mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin K: 126.91µg (120.86%), Vitamin A: 4792.3IU (95.85%), Vitamin C: 51.25mg (62.12%), Manganese: 1.02mg (51.08%), Vitamin B6: 0.64mg (31.91%), Fiber: 7.39g (29.57%), Folate: 93.94µg (23.48%), Copper: 0.31mg (15.47%), Iron: 2.51mg (13.94%), Phosphorus: 138.49mg (13.85%), Magnesium: 52.69mg (13.17%), Potassium: 432.2mg (12.35%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.15mg (8.75%), Calcium: 78.29mg (7.83%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.73mg (7.35%), Vitamin E: 1.08mg (7.21%), Vitamin B3: 1.25mg (6.23%), Selenium: 2.72µg (3.88%)