



Grecian Flatbread Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp olives black pitted chopped
- 10 slices oscar mayer deli bold brown sugar ham fresh
- 2 Tbsp athenos feta cheese crumbled traditional
- 0.3 cup marinated artichoke hearts drained quartered
- 2 pita breads
- 0.3 cup athenos roasted pepper hummus red

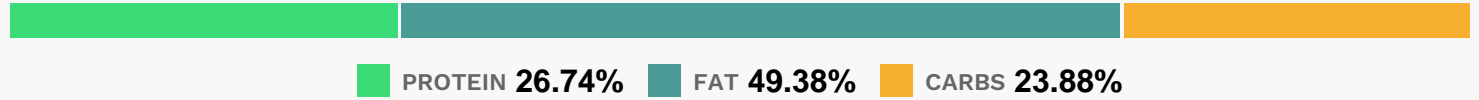
Equipment

- microwave

Directions

- Spread pitas with hummus; top with remaining ingredients.
- Place 1 sandwich on microwavable plate. Microwave on HIGH 20 sec. or until heated through. Repeat with second sandwich.
- Fold in half to serve.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:3.9721739428199%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 116.3kcal (5.82%), Fat: 6.27g (9.64%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 6.38g (2.32%), Sugar: 0.06g (0.07%), Cholesterol: 20.39mg (6.8%), Sodium: 523.03mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin B1: 0.2mg (13.64%), Selenium: 6.89µg (9.84%), Phosphorus: 83.01mg (8.3%), Vitamin B3: 1.55mg (7.73%), Vitamin B6: 0.13mg (6.57%), Vitamin B2: 0.1mg (6.04%), Zinc: 0.85mg (5.66%), Vitamin B12: 0.24µg (3.94%), Vitamin C: 2.68mg (3.25%), Manganese: 0.06mg (3.22%), Calcium: 31.62mg (3.16%), Potassium: 101.41mg (2.9%), Iron: 0.49mg (2.75%), Copper: 0.05mg (2.48%), Magnesium: 9.44mg (2.36%), Vitamin B5: 0.21mg (2.07%), Vitamin A: 88.84IU (1.78%), Fiber: 0.44g (1.76%), Vitamin D: 0.21µg (1.4%), Folate: 5.22µg (1.31%), Vitamin E: 0.17mg (1.12%)