



Greek Pita Pockets

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



133 kcal

Ingredients

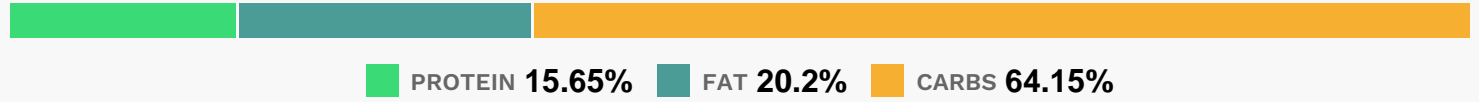
- 3 cups cucumber chopped
- 4 oz athenos feta cheese with garlic & herb crumbled
- 2 Tbsp juice of lemon
- 1 cup onion red chopped
- 1 cup tomatoes drained chopped
- 6 pita breads whole wheat halved

Equipment

Directions

- Mix all ingredients except bread.
- Spoon about 1/2 cup of the cheese mixture into each pita bread half.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:8.1652173710906%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 132.61kcal (6.63%), Fat: 3.13g (4.81%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 19.58g (7.12%), Sugar: 2.66g (2.96%), Cholesterol: 10.09mg (3.36%), Sodium: 272.94mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Manganese: 0.65mg (32.75%), Selenium: 16.61µg (23.73%), Phosphorus: 115.53mg (11.55%), Fiber: 2.79g (11.15%), Vitamin B1: 0.16mg (10.49%), Vitamin B6: 0.19mg (9.5%), Magnesium: 33.55mg (8.39%), Vitamin B2: 0.14mg (8.24%), Copper: 0.14mg (7.25%), Calcium: 71.88mg (7.19%), Iron: 1.27mg (7.03%), Vitamin C: 5.66mg (6.86%), Folate: 26.85µg (6.71%), Zinc: 0.96mg (6.39%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.52mg (5.22%), Potassium: 180.18mg (5.15%), Vitamin K: 4.79µg (4.56%), Vitamin A: 201.2IU (4.02%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.33mg (2.17%)