



Greek Salad Pita Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber peeled halved seeded cut into 1/4-inch cubes
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons kalamata olives black pitted chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 6 6-inch wholewheat pita breads trimmed
- ☐ 3 cups the of 1 cos lettuce loosely packed thinly sliced ()

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2 cups tomatoes diced seeded

Equipment

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bowl

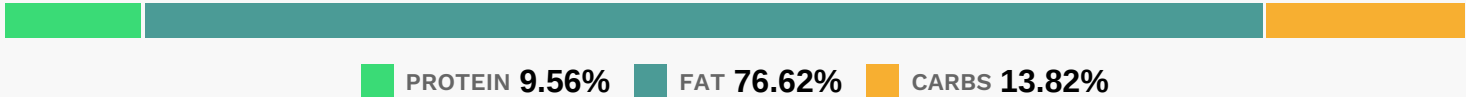
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whisk

Directions

- ☐ Whisk first 4 ingredients in large bowl to blend.
- ☐ Add next 4 ingredients and toss to combine. Season salad with salt and pepper. Carefully open pita breads at cut end. Fill each with salad and serve.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:10.148695500001%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 156.63kcal (7.83%), Fat: 13.75g (21.16%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.37g (2.63%), Cholesterol: 16.82mg (5.61%), Sodium: 268.07mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 2592.63IU (51.85%), Vitamin K: 39.48µg (37.6%), Folate: 54.07µg (13.52%), Vitamin C: 10.32mg (12.51%), Vitamin E: 1.81mg (12.07%), Calcium: 120.71mg (12.07%), Vitamin B2: 0.2mg (11.79%), Phosphorus: 94.93mg (9.49%), Vitamin B6: 0.17mg (8.43%), Manganese: 0.16mg (7.83%), Potassium: 264.66mg (7.56%), Fiber: 1.7g (6.79%), Vitamin B1: 0.08mg (5.62%), Vitamin B12: 0.32µg (5.32%), Zinc: 0.79mg (5.25%), Magnesium: 19.95mg (4.99%), Copper: 0.09mg (4.48%), Iron: 0.8mg (4.43%), Selenium: 3.02µg (4.31%), Vitamin B5: 0.39mg (3.91%), Vitamin B3: 0.62mg (3.1%)