



Greek Salad Pita Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups cherry tomatoes seeded chopped
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 4.5 ounces feta cheese crumbled
- ☐ 1 cup bell pepper green chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 4 8-inch diameter pita breads whole wheat halved
- ☐ 0.5 cup radishes chopped

- ☐ 0.7 cup onion red chopped
- ☐ 1 tablespoon red wine vinegar

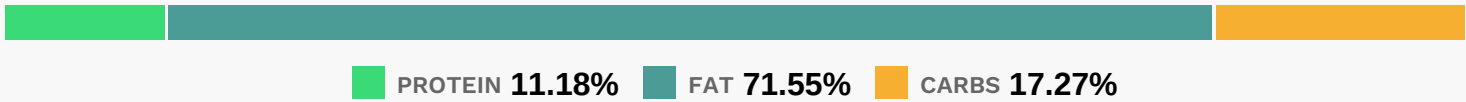
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Whisk olive oil and red wine vinegar in large bowl. Season dressing with salt and pepper.
- ☐ Mix tomatoes, cucumber, bell pepper, red onion, radishes, and parsley into dressing. Stir in feta cheese. DO AHEAD: Salad can be made 2 days ahead. Cover and chill.
- ☐ Using slotted spoon, transfer salad mixture to pita bread halves.
- ☐ Serve sandwiches immediately.
- ☐ Per serving: 397 calories, 20g fat (7g saturated fat), 33mg cholesterol, 775mg sodium, 45g carbohydrates, 7g fiber, 13g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:16.505652080411%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 216.18kcal (10.81%), Fat: 17.64g (27.14%), Saturated Fat: 5.75g (35.95%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.01g (4.45%), Cholesterol: 28.39mg (9.46%), Sodium: 386.13mg (16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 136.66µg (130.15%), Vitamin C: 55.74mg (67.57%), Vitamin A: 1157.39IU (23.15%), Calcium: 191.32mg (19.13%), Vitamin B2: 0.32mg (18.77%), Vitamin B6: 0.32mg (16.21%), Phosphorus: 152.03mg (15.2%), Vitamin E: 2.05mg (13.64%), Folate: 45.08µg (11.27%), Manganese: 0.2mg (10.15%), Potassium: 349.22mg (9.98%), Vitamin B12: 0.54µg (8.98%), Fiber: 2.19g (8.74%), Zinc: 1.27mg (8.47%), Selenium: 5.72µg (8.17%), Vitamin B1: 0.12mg (8.08%), Iron: 1.4mg (7.78%), Magnesium: 26.67mg (6.67%), Copper: 0.13mg (6.27%), Vitamin B5: 0.58mg (5.8%), Vitamin B3: 0.95mg (4.75%)