

Greek-Salad Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

Ingredients

- ☐ 1 cup cucumber diced peeled seeded
- ☐ 8 curly kale leaves
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 cup bell pepper diced green
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 teaspoons oregano dried

- ☐ 0.3 cup pepperoncini peppers chopped
- ☐ 4 6-inch pita bread rounds cut in half ()
- ☐ 1 cup bell pepper diced red
- ☐ 0.3 cup onion diced red

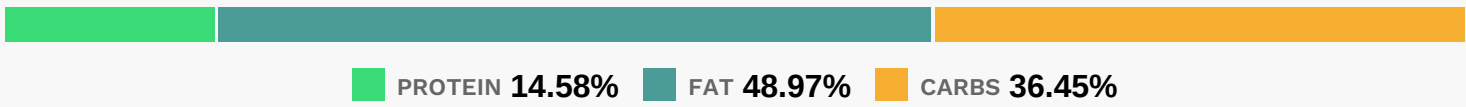
Equipment

- ☐ bowl

Directions

- ☐ Combine first 11 ingredients in a large bowl; toss gently. Line each pita half with a lettuce leaf; fill with 1/2 cup salad mixture.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:16.435652126437%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg, Luteolin: 2.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 97.63kcal (4.88%), Fat: 5.73g (8.82%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 6.36g (2.31%), Sugar: 3.99g (4.44%), Cholesterol: 12.62mg (4.21%), Sodium: 311.73mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin C: 91.46mg (110.86%), Vitamin A: 3612.5IU (72.25%), Vitamin K: 51.48µg (49.03%), Vitamin B6: 0.35mg (17.58%), Manganese: 0.27mg (13.48%), Fiber: 3.24g (12.96%), Folate: 49.59µg (12.4%), Vitamin B2: 0.21mg (12.25%), Calcium: 116.7mg (11.67%), Vitamin E: 1.54mg (10.27%), Potassium: 313.66mg (8.96%), Phosphorus: 89.28mg (8.93%), Vitamin B1: 0.11mg (7.51%), Iron: 1.21mg (6.73%), Magnesium: 25.42mg (6.35%), Vitamin B3: 1.01mg (5.04%), Copper: 0.1mg (4.96%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.47mg (4.68%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.58µg (3.68%)