



Greek Salad-Stuffed Pitas



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



99 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber peeled chopped (1 small)
- ☐ 8 small curly kale leaves
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 4 6-inch onion pitas cut in half ()

- ☐ 2 cups plum tomatoes chopped (5)
- ☐ 0.3 teaspoon salt

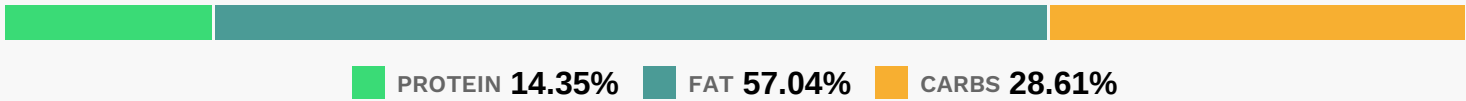
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a large bowl; toss to combine. Line each pita half with a lettuce leaf. Spoon about 1/3 cup tomato mixture into each pita half, and sprinkle with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:12.103043302246%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 99.05kcal (4.95%), Fat: 6.69g (10.3%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.98g (4.42%), Cholesterol: 12.62mg (4.21%), Sodium: 453.55mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin A: 3266.8IU (65.34%), Vitamin K: 50.27µg (47.88%), Vitamin C: 21.63mg (26.22%), Manganese: 0.27mg (13.61%), Potassium: 404.34mg (11.55%), Vitamin B2: 0.18mg (10.36%), Calcium: 103.28mg (10.33%), Vitamin B6: 0.2mg (10.22%), Folate: 39.49µg (9.87%), Fiber: 2.4g (9.61%), Phosphorus: 93.01mg (9.3%), Vitamin E: 1.36mg (9.04%), Vitamin B1: 0.1mg (6.65%), Magnesium: 25.26mg (6.31%), Copper: 0.12mg (6.06%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.73mg (4.87%), Iron: 0.83mg (4.61%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.37mg (3.73%), Selenium: 2.43µg (3.47%)