



Greek Tuna Salad Pita Sandwiches with Feta Cheese

READY IN



20 min.

SERVINGS



6

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium cucumber peeled seeded finely chopped
- 2 oz feta cheese crumbled
- 1 clove garlic finely chopped
- 0.3 cup olives pitted ripe coarsely chopped
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 6 6-inch wholewheat pita breads cut in half to form pockets (pocket) ()
- 12 leaves the of 1 cos lettuce

- 0.3 teaspoon salt
- 1 medium tomatoes diced ripe seeded
- 10 oz water-packed tuna flaked drained canned

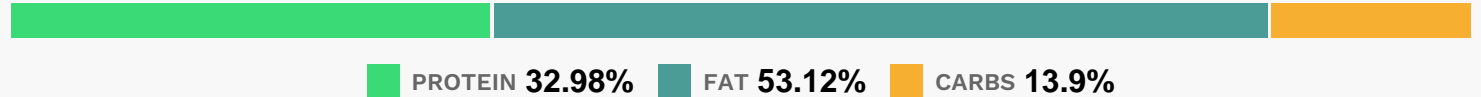
Equipment

- bowl
- whisk

Directions

- In small bowl, stir together lemon juice, oil, garlic and salt with whisk. In medium bowl, toss cucumber, tomato, cheese, olives and tuna.
- Pour dressing over salad; toss until coated.
- Place 1 lettuce leaf half in each pita pocket; top each leaf with 1/2 cup tuna salad.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:17.740869615389%

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: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 138.25kcal (6.91%), Fat: 8.29g (12.75%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3g (1.09%), Sugar: 1.77g (1.96%), Cholesterol: 25.42mg (8.47%), Sodium: 407.59mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.15%), Vitamin A: 5161.6IU (103.23%), Vitamin K: 64.59µg (61.52%), Selenium: 33.83µg (48.33%), Vitamin B3: 5.13mg (25.65%), Vitamin B12: 1.37µg (22.9%), Folate: 89.76µg (22.44%), Vitamin B6: 0.28mg (13.78%), Phosphorus: 127.49mg (12.75%), Vitamin B2: 0.17mg (10.03%),

Potassium: 329.69mg (9.42%), Iron: 1.6mg (8.9%), Vitamin C: 7.24mg (8.78%), Calcium: 85.26mg (8.53%), Vitamin E: 1.26mg (8.38%), Manganese: 0.16mg (8%), Fiber: 1.88g (7.53%), Magnesium: 27.93mg (6.98%), Vitamin B1: 0.09mg (6.16%), Zinc: 0.82mg (5.48%), Copper: 0.1mg (4.94%), Vitamin D: 0.6µg (4.03%), Vitamin B5: 0.35mg (3.51%)