



Ham Salad Pitas

READY IN



19 min.

SERVINGS



4

CALORIES



415 kcal

Ingredients

- 0.3 cup blanched slivered almonds
- 1 cup ham cooked
- 0.5 cup grapes green seedless halved
- 3 tablespoons green onion diced
- 2 tablespoons juice of lemon
- 1 cup mozzarella cheese
- 4 pita breads halved
- 1 cup reduced fat cream sour
- 1 teaspoon mustard yellow

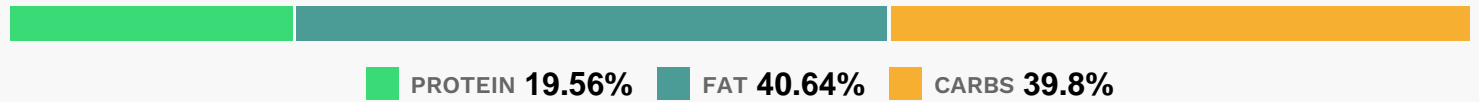
Equipment

- bowl
- microwave

Directions

- Combine sour cream, lemon juice and mustard in a bowl.
- Add ham, cheese, almonds, grapes and onions. Toss lightly to coat.
- Divide ham mixture evenly between pita pockets. You may eat these as is or heat them briefly. If you choose to heat them, do two halves at a time in the microwave for 1 minute.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:30.79, Inflammation Score:-5, Nutrition Score:13.909999837046%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 414.99kcal (20.75%), Fat: 18.82g (28.96%), Saturated Fat: 8.34g (52.1%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 39.22g (14.26%), Sugar: 3.96g (4.41%), Cholesterol: 62.87mg (20.96%), Sodium: 865.94mg (37.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Phosphorus: 316.61mg (31.66%), Calcium: 294.63mg (29.46%), Vitamin B1: 0.36mg (24.21%), Manganese: 0.44mg (22.08%), Vitamin B12: 1.28µg (21.3%), Vitamin B2: 0.34mg (19.8%), Selenium: 12.83µg (18.33%), Zinc: 2.45mg (16.32%), Vitamin C: 11.46mg (13.89%), Magnesium: 53.2mg (13.3%), Vitamin B3: 2.58mg (12.91%), Vitamin E: 1.91mg (12.7%), Vitamin K: 13.02µg (12.4%), Copper: 0.24mg (11.89%), Potassium: 392.32mg (11.21%), Fiber: 2.26g (9.05%), Vitamin A: 437.01IU (8.74%), Iron: 1.57mg (8.72%), Folate: 30.73µg (7.68%), Vitamin B6: 0.14mg (7.21%), Vitamin B5: 0.56mg (5.56%), Vitamin D: 0.23µg (1.51%)