



Heart-Shaped Pita Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 0.5 tsp grey poupon dijon mustard
- 1 leaf romaine leaves shredded
- 1 slice bell pepper red
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 milk sharp cheddar singles 2% kraft
- 1 pita bread whole wheat

Equipment

paper towels

microwave

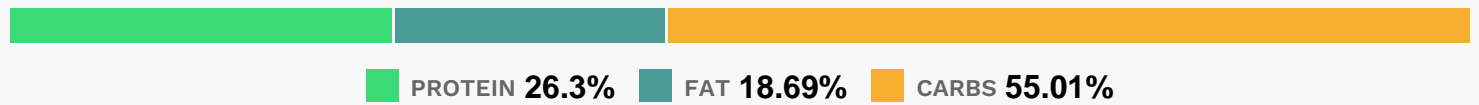
Directions

Trim top of pita bread with kitchen shears to resemble heart; discard trimmed bread or reserve for another use. Wrap bread loosely in paper towel.

Microwave on HIGH 15 sec.

Spread inside of bread with mayo, then mustard; fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:24.526086916094%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 280.27kcal (14.01%), Fat: 6.11g (9.39%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 34.97g (12.72%), Sugar: 6.56g (7.29%), Cholesterol: 39.96mg (13.32%), Sodium: 1131.14mg (49.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.66%), Vitamin C: 117.95mg (142.97%), Vitamin A: 2982.64IU (59.65%), Manganese: 1.11mg (55.39%), Selenium: 35.74µg (51.06%), Vitamin B3: 9.03mg (45.17%), Vitamin B6: 0.74mg (37.01%), Phosphorus: 319.43mg (31.94%), Fiber: 5.47g (21.86%), Vitamin B1: 0.28mg (18.75%), Magnesium: 70.28mg (17.57%), Folate: 68.29µg (17.07%), Potassium: 559.32mg (15.98%), Vitamin E: 2.35mg (15.68%), Vitamin B5: 1.48mg (14.79%), Iron: 2.46mg (13.67%), Vitamin K: 12.87µg (12.26%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.51mg (10.09%), Copper: 0.2mg (9.86%), Calcium: 32.6mg (3.26%), Vitamin B12: 0.11µg (1.86%)