



Lunch Box Pita Pockets

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



718 kcal

Ingredients

- ☐ 0.3 cup carrots shredded
- ☐ 0.5 cup deli ham chopped
- ☐ 0.5 cup lettuce shredded
- ☐ 1 pita bread round cut in half
- ☐ 0.3 cup ranch dressing

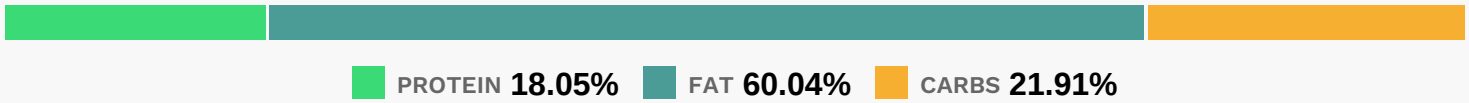
Equipment

- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ Place ham, lettuce, and carrot in a resealable plastic bag.
- ☐ Pour Ranch dressing into a small resealable container. Wrap the pita bread in plastic wrap. Pack the ham mixture, Ranch dressing, and pita bread along with a spoon in a lunch box or bag until lunch time.
- ☐ Assemble pita pocket by spooning the ham mixture into each pita half and drizzling the Ranch dressing on top.

Nutrition Facts



Properties

Glycemic Index:175.83, Glycemic Load:30.28, Inflammation Score:-10, Nutrition Score:25.82695657274%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 717.61kcal (35.88%), Fat: 47.34g (72.83%), Saturated Fat: 11.36g (71%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 36.31g (13.2%), Sugar: 5.04g (5.6%), Cholesterol: 88.94mg (29.65%), Sodium: 2270.59mg (98.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.05%), Vitamin A: 5549.44IU (110.99%), Vitamin K: 93.3µg (88.86%), Vitamin B1: 0.91mg (60.36%), Phosphorus: 437.47mg (43.75%), Selenium: 29.02µg (41.46%), Vitamin B3: 6.87mg (34.34%), Vitamin B6: 0.55mg (27.29%), Vitamin B2: 0.4mg (23.27%), Zinc: 3.45mg (22.98%), Manganese: 0.4mg (20.09%), Potassium: 597.08mg (17.06%), Vitamin B12: 0.86µg (14.32%), Vitamin B5: 1.36mg (13.62%), Vitamin E: 2.03mg (13.56%), Iron: 2.24mg (12.43%), Magnesium: 46.4mg (11.6%), Copper: 0.23mg (11.35%), Fiber: 2.56g (10.24%), Calcium: 90.28mg (9.03%), Folate: 35.91µg (8.98%), Vitamin D: 0.89µg (5.92%), Vitamin C: 2.9mg (3.51%)