



Mashed Chickpea Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



681 kcal

Ingredients

- ☐ 1 carrots shredded
- ☐ 4 curly kale leaves
- ☐ 0.5 cup cucumber diced english peeled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic clove minced
- ☐ 6 tablespoons greek yogurt plain fat-free divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 15 ounce natural butter extract rinsed drained canned

- ☐ 2 6-inch wholewheat pita breads cut in half ()
- ☐ 0.5 teaspoon salt

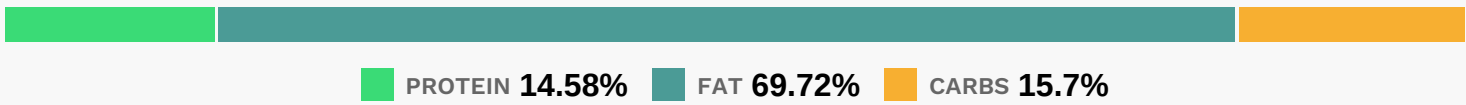
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ Combine garlic, 5 tablespoons yogurt, and next 4 ingredients (through chickpeas) in a bowl; mash with a potato masher or fork until almost smooth or to desired consistency. Stir in cucumber and dill.
- ☐ Combine remaining 1 tablespoon yogurt and carrot in a small bowl; stir well to coat.
- ☐ Line each pita half with 1 lettuce leaf; fill with 1/2 cup chickpea mixture and 2 tablespoons carrot mixture.

Nutrition Facts



Properties

Glycemic Index:47.21, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:27.424347670182%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 680.98kcal (34.05%), Fat: 56.38g (86.73%), Saturated Fat: 11.23g (70.2%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 22.51g (8.19%), Sugar: 13.31g (14.79%), Cholesterol: 2.24mg (0.75%), Sodium: 392.62mg (17.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.05%), Manganese: 1.66mg (82.97%), Vitamin A: 3648.92IU (72.98%), Vitamin B3: 14.22mg (71.09%), Vitamin E: 9.97mg (66.49%), Magnesium:

187.41mg (46.85%), Phosphorus: 403.6mg (40.36%), Vitamin B6: 0.54mg (27.17%), Folate: 104.73µg (26.18%), Vitamin K: 26.52µg (25.26%), Fiber: 6.05g (24.21%), Copper: 0.48mg (23.82%), Potassium: 734.42mg (20.98%), Zinc: 2.91mg (19.38%), Vitamin B2: 0.3mg (17.36%), Vitamin B5: 1.32mg (13.16%), Vitamin B1: 0.19mg (12.93%), Iron: 2.13mg (11.82%), Selenium: 7.13µg (10.18%), Calcium: 93.58mg (9.36%), Vitamin C: 4.6mg (5.58%), Vitamin B12: 0.16µg (2.63%)