



 **76%**
HEALTH SCORE

Mediterranean Flatbread Sandwiches

 Vegetarian  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.5 oz shichimi togarashi
- 1 cup cucumber english seedless chopped ()
- 1 cup tomatoes seeded chopped (1 medium)
- 1 oz feta cheese crumbled
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.3 teaspoon pepper freshly ground
- 7 oz water plain

8.4 oz tortillas white

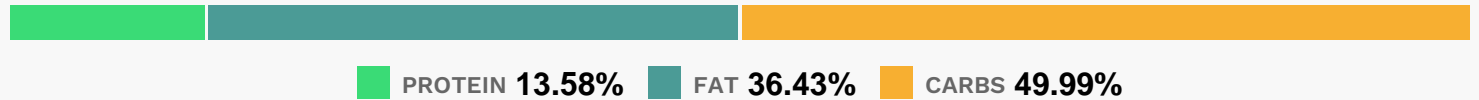
Equipment

bowl

Directions

- Prepare pilaf as directed on package; cool. Meanwhile, in medium bowl, mix cucumber, tomato, cheese, lemon juice, oil and pepper. Stir in pilaf.
- Spread hummus evenly over 1 side of each flatbread wrap. Spoon pilaf mixture over half of each wrap; fold wrap over filling.
- Cut each sandwich in half to serve.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:31.075652267622%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 324.39kcal (16.22%), Fat: 14.99g (23.06%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 27.24g (9.91%), Sugar: 5.72g (6.35%), Cholesterol: 4.21mg (1.4%), Sodium: 1086.44mg (47.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin A: 12163.66IU (243.27%), Vitamin E: 15.81mg (105.4%), Fiber: 19.02g (76.1%), Manganese: 0.99mg (49.65%), Iron: 8.88mg (49.33%), Vitamin B6: 0.96mg (47.83%), Vitamin K: 48.88µg (46.55%), Copper: 0.6mg (30.05%), Potassium: 952.11mg (27.2%), Vitamin B2: 0.45mg (26.47%), Vitamin B3: 5.07mg (25.34%), Calcium: 244.9mg (24.49%), Magnesium: 89.65mg (22.41%), Phosphorus: 205.27mg (20.53%), Zinc: 2.55mg (16.99%), Selenium: 9.82µg (14.03%), Vitamin B1: 0.18mg (12.16%), Folate: 46.16µg (11.54%), Vitamin C: 6.1mg (7.4%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.08µg (1.33%)