



Mediterranean Flatbread Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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



PROTEIN 14.33% **FAT 23.88%** **CARBS 61.79%**

Properties

Glycemic Index:29.42, Glycemic Load:16.41, Inflammation Score:-6, Nutrition Score:13.250000031098%

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: 354.51kcal (17.73%), Fat: 9.68g (14.9%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 48.85g (17.76%), Sugar: 3.84g (4.26%), Cholesterol: 4.21mg (1.4%), Sodium: 430.6mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Manganese: 0.84mg (42.2%), Fiber: 7.54g (30.15%), Phosphorus: 258.69mg (25.87%), Magnesium: 100.89mg (25.22%), Zinc: 3.22mg (21.44%), Copper: 0.41mg (20.5%), Folate: 73.07µg (18.27%), Vitamin B3: 3.11mg (15.57%), Iron: 2.72mg (15.1%), Vitamin B6: 0.27mg (13.63%), Calcium: 120.8mg (12.08%), Vitamin B2: 0.18mg (10.45%), Potassium: 340.45mg (9.73%), Vitamin B1: 0.13mg (8.54%), Vitamin C: 5.82mg (7.06%), Vitamin K: 7.19µg (6.85%), Vitamin B5: 0.6mg (5.95%), Vitamin E: 0.82mg (5.48%), Vitamin A: 263.31IU (5.27%), Selenium: 2.75µg (3.93%), Vitamin B12: 0.08µg (1.33%)