



Mediterranean Flatbread Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber diced english
- ☐ 2 ounces feta cheese crumbled
- ☐ 8.5 ounce grain pilaf (such as Seeds of Change)
- ☐ 7 ounce water (such as Athenos Original)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

- ☐ 1 cup tomatoes seeded chopped (1 medium)
- ☐ 8.4 ounce flatbreads white mediterranean-style (such as Toufayan)

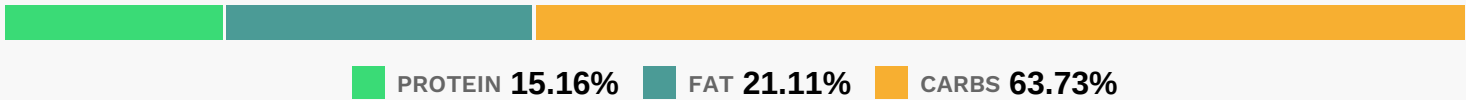
Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients in a bowl.
- ☐ Spread hummus evenly over each flatbread. Spoon pilaf mixture evenly over half of each flatbread; fold flatbread over filling.
- ☐ Cut each sandwich in half, and serve immediately.
- ☐ Serve with: Pomegranate Refreshers

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:16.46, Inflammation Score:-7, Nutrition Score:18.612173837164%

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: 356.32kcal (17.82%), Fat: 8.74g (13.44%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 59.35g (19.78%), Net Carbohydrates: 52.04g (18.92%), Sugar: 3.21g (3.57%), Cholesterol: 8.41mg (2.8%), Sodium: 501.58mg (21.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Manganese: 1.54mg (76.81%), Phosphorus: 346.05mg (34.61%), Magnesium: 129.18mg (32.3%), Selenium: 20.93µg (29.9%), Fiber: 7.32g (29.27%), Zinc: 3.95mg (26.37%), Copper: 0.53mg (26.33%), Folate: 88.47µg (22.12%), Vitamin B3: 4.29mg (21.44%), Vitamin B6: 0.4mg (19.89%), Vitamin B1: 0.27mg (18%), Iron: 3.01mg (16.73%), Vitamin B2: 0.25mg (14.66%), Potassium: 410.87mg (11.74%), Vitamin B5: 0.97mg (9.71%), Calcium: 79.55mg (7.96%), Vitamin K: 7.83µg (7.46%), Vitamin E: 1.07mg (7.15%), Vitamin C: 5.82mg (7.06%), Vitamin A: 283.25IU (5.66%), Vitamin B12: 0.16µg (2.66%)