



Mediterranean Pita

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



472 kcal

Ingredients

- 0.5 cup baby spinach fresh
- 0.1 teaspoon pepper black
- 0.5 cup cucumber diced
- 0.3 cup feta crumbled
- 2 teaspoons olive oil extra-virgin
- 1 wholewheat pita breads whole-wheat
- 1 plum tomatoes diced
- 1 teaspoon red wine vinegar
- 1 vegetable burger patty warmed

Equipment

bowl

Directions

In a small bowl, combine the tomato, cucumber, spinach, Feta, vinegar, oil, and pepper. Spoon the salad mixture into the pita and crumble the vegetable burger on top.

Nutrition Facts



Properties

Glycemic Index:273, Glycemic Load:32.44, Inflammation Score:-9, Nutrition Score:31.303043324014%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 472.16kcal (23.61%), Fat: 21.44g (32.99%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 40.96g (14.89%), Sugar: 3.36g (3.74%), Cholesterol: 36.88mg (12.29%), Sodium: 1142.85mg (49.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Vitamin B1: 2.12mg (141.19%), Vitamin K: 90.98µg (86.64%), Manganese: 1.23mg (61.68%), Vitamin A: 2141.71IU (42.83%), Folate: 159.99µg (40%), Phosphorus: 361.89mg (36.19%), Calcium: 360.08mg (36.01%), Vitamin B2: 0.6mg (35.22%), Vitamin B12: 2.04µg (34.01%), Selenium: 21.67µg (30.96%), Vitamin B6: 0.5mg (25.18%), Fiber: 6.26g (25.06%), Vitamin B3: 4.7mg (23.5%), Magnesium: 88.16mg (22.04%), Vitamin C: 18.01mg (21.83%), Iron: 3.53mg (19.59%), Potassium: 649.98mg (18.57%), Zinc: 2.73mg (18.23%), Copper: 0.35mg (17.66%), Vitamin E: 2.04mg (13.62%), Vitamin B5: 1.02mg (10.15%)