



Mediterranean Pita Pockets

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

198 kcal

Ingredients

- ☐ 8 slices beef brisket from grilled beef brisket with tangy mop sauce recipe leftover
- ☐ 1 cup pickled cucumber salad from recipe leftover
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce
- ☐ 4 pita pockets
- ☐ 8 ounce yogurt plain
- ☐ 4 servings salt and pepper black freshly ground

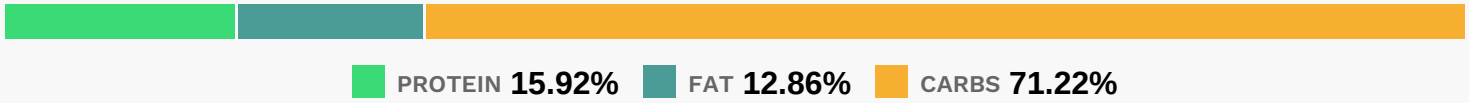
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl mix together the yogurt, parsley, hot sauce, cumin, and salt and pepper, to taste.
- ☐ Slice the top off of each pita pocket. Fill each pocket with 2 slices of brisket, a quarter of the pickled cucumbers and drizzle with the yogurt mixture. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:29.67, Inflammation Score:-3, Nutrition Score:7.7734782125639%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 197.94kcal (9.9%), Fat: 2.8g (4.31%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 33.32g (12.12%), Sugar: 3.17g (3.52%), Cholesterol: 8.61mg (2.87%), Sodium: 415.94mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.61%), Vitamin K: 35.59µg (33.89%), Manganese: 0.32mg (16.1%), Calcium: 127.31mg (12.73%), Phosphorus: 122.11mg (12.21%), Vitamin B1: 0.18mg (12.19%), Vitamin B2: 0.15mg (8.95%), Vitamin C: 6.46mg (7.83%), Magnesium: 28.06mg (7.02%), Vitamin B3: 1.38mg (6.9%), Iron: 1.24mg (6.88%), Copper: 0.13mg (6.59%), Zinc: 0.99mg (6.57%), Potassium: 228.46mg (6.53%), Fiber: 1.59g (6.37%), Folate: 25.48µg (6.37%), Vitamin B5: 0.54mg (5.43%), Vitamin A: 257.54IU (5.15%), Vitamin B12: 0.26µg (4.31%), Vitamin B6: 0.07mg (3.54%), Selenium: 1.63µg (2.33%)