



Mediterranean Roast Beef Pita

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 1 tablespoon cider vinegar
- ☐ 1 cup cucumber thinly sliced
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 0.3 cup feta crumbled
- ☐ 3 tablespoons pinenuts
- ☐ 4 pita pockets whole-wheat
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 pound deli roast beef cut into thin strips
- ☐ 2 cups romaine lettuce shredded

☐ 2 tablespoons skim milk

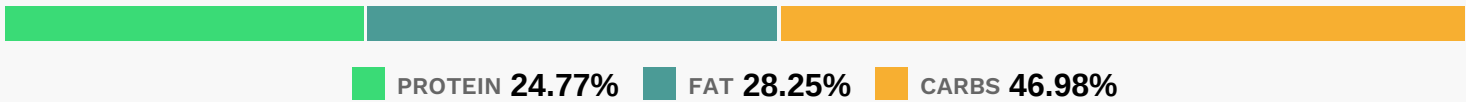
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place in a dry skillet over medium heat; stir occasionally until lightly browned, about 3 minutes. Cool. Toss nuts, beef, lettuce, carrots, cucumber, onion and feta in a bowl. Slice off 1/4 of each pita; stuff larger piece with filling.
- ☐ Whisk mayonnaise, milk and vinegar in another bowl.
- ☐ Drizzle dressing over pita filling.
- ☐ Serve with remaining 1/4 pita.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:71.52, Glycemic Load:30.83, Inflammation Score:-10, Nutrition Score:23.40086942652%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 343.96kcal (17.2%), Fat: 10.89g (16.75%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 37.14g (13.5%), Sugar: 4.49g (4.99%), Cholesterol: 44.3mg (14.77%), Sodium: 1379.98mg (60%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Vitamin A: 7487.33IU (149.75%), Manganese: 1.09mg (54.36%), Vitamin C: 30.95mg (37.51%), Vitamin K: 36.78µg (35.03%), Vitamin B3: 6.3mg (31.49%), Calcium:

307.89mg (30.79%), Phosphorus: 288.71mg (28.87%), Zinc: 3.62mg (24.14%), Vitamin B6: 0.41mg (20.64%), Vitamin B12: 1.22µg (20.31%), Vitamin B1: 0.28mg (18.89%), Vitamin B2: 0.31mg (17.97%), Folate: 71.79µg (17.95%), Iron: 2.93mg (16.25%), Magnesium: 62.01mg (15.5%), Potassium: 532.04mg (15.2%), Copper: 0.3mg (14.79%), Fiber: 3.6g (14.42%), Selenium: 6.16µg (8.8%), Vitamin B5: 0.79mg (7.89%), Vitamin E: 0.98mg (6.54%)