



Mini Pita Sammy



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



179 kcal

Ingredients



4 basil



3 teaspoons water



1 wholewheat pita breads whole-wheat mini



2 slices tomato

Equipment

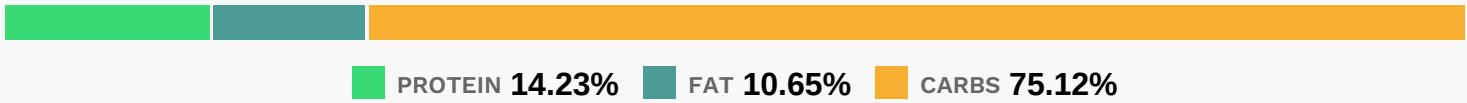
Directions



Cut mini whole-wheat pita in half.

Spread 1 1/2 teaspoons hummus over each half; top each half with 2 basil leaves and 1 plum tomato slice.

Nutrition Facts



Properties

Glycemic Index:228.5, Glycemic Load:29.38, Inflammation Score:-2, Nutrition Score:5.0986956474574%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 179.27kcal (8.96%), Fat: 2.11g (3.24%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 31.26g (11.37%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 356.37mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Manganese: 0.4mg (20.22%), Vitamin B1: 0.18mg (11.83%), Copper: 0.18mg (8.97%), Fiber: 2.17g (8.68%), Phosphorus: 81.72mg (8.17%), Folate: 27.1µg (6.78%), Iron: 1.2mg (6.67%), Magnesium: 26.3mg (6.58%), Vitamin B3: 1.31mg (6.56%), Vitamin K: 6.8µg (6.47%), Calcium: 56.81mg (5.68%), Zinc: 0.76mg (5.05%), Vitamin B2: 0.07mg (3.85%), Potassium: 110.37mg (3.15%), Vitamin B6: 0.05mg (2.63%), Vitamin B5: 0.25mg (2.47%), Vitamin A: 105.5IU (2.11%)