



Peachy-Keen Pita

READY IN



10 min.

SERVINGS



4

CALORIES



138 kcal

Ingredients

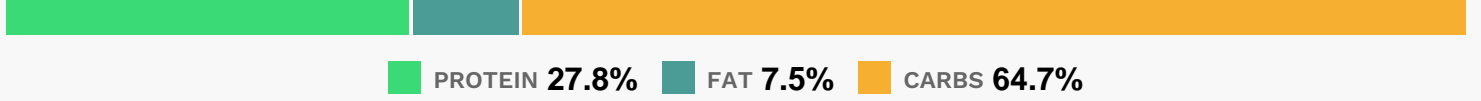
- 4 lettuce leaves
- 4 milk singles 2% kraft
- 1 peaches fresh chopped
- 2 pita breads cut in half
- 0.3 cup taco bellâ® & chunky salsa thick
- 12 slices oscar mayer oven roasted turkey breast

Equipment

Directions

- Combine peaches and salsa.
- Fill pita halves with peach mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:15.83, Inflammation Score:-8, Nutrition Score:8.4013044905403%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 138.41kcal (6.92%), Fat: 1.17g (1.8%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.85g (7.58%), Sugar: 4.53g (5.04%), Cholesterol: 18.44mg (6.15%), Sodium: 675.08mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin A: 2007.47IU (40.15%), Vitamin B3: 4.5mg (22.52%), Phosphorus: 142.74mg (14.27%), Manganese: 0.26mg (13.1%), Vitamin B6: 0.24mg (12.08%), Potassium: 312.81mg (8.94%), Vitamin B1: 0.13mg (8.87%), Selenium: 5.9µg (8.43%), Vitamin C: 6.27mg (7.6%), Fiber: 1.81g (7.23%), Magnesium: 26.12mg (6.53%), Vitamin B2: 0.1mg (5.71%), Vitamin B5: 0.57mg (5.67%), Folate: 21.53µg (5.38%), Iron: 0.97mg (5.37%), Copper: 0.1mg (4.88%), Vitamin E: 0.73mg (4.84%), Calcium: 45.45mg (4.54%), Zinc: 0.6mg (4.01%), Vitamin K: 2.04µg (1.94%)