



Peppered Pork Pitas with Garlic Spread

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons milk
- ☐ 2 cloves garlic finely chopped
- ☐ 1 lb pork loin boneless cut into thin bite-size strips
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon pepper
- ☐ 7.3 oz roasted peppers red drained sliced
- ☐ 4 7-inch wholewheat pita breads ()

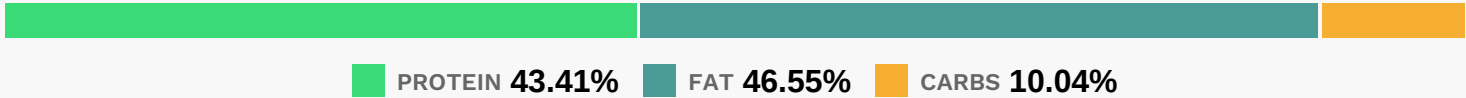
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix mayonnaise, milk and garlic; set aside.
- ☐ In medium bowl, mix pork, oil and pepper.
- ☐ Heat 12-inch skillet over medium-high heat. Cook pork in skillet 5 to 6 minutes, stirring occasionally, until pork is lightly browned and no longer pink in center. Stir in bell peppers; heat until warm.
- ☐ Heat pita folds as directed on package. Lightly spread one side of each pita fold with garlic mixture. Spoon pork mixture over each; fold up.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:15.726086896399%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 246.73kcal (12.34%), Fat: 12.57g (19.33%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.3g (1.93%), Sugar: 2.49g (2.77%), Cholesterol: 72.34mg (24.11%), Sodium: 962.03mg (41.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.73%), Vitamin B6: 0.99mg (49.26%), Selenium: 32.34µg (46.2%), Vitamin B1: 0.53mg (35.3%), Vitamin B3: 6.87mg (34.34%), Vitamin C: 24.44mg (29.62%), Phosphorus: 279.99mg (28%), Vitamin K: 18.09µg (17.22%), Potassium: 540.69mg (15.45%), Zinc: 2.21mg (14.73%), Vitamin B2: 0.24mg (14.2%), Vitamin B12: 0.62µg (10.31%), Magnesium: 38.5mg (9.63%), Manganese: 0.19mg (9.51%), Vitamin B5: 0.91mg (9.12%), Copper: 0.15mg (7.46%), Iron: 1.16mg (6.46%), Vitamin A: 289.26IU (5.79%), Vitamin E: 0.86mg (5.76%), Calcium: 44.3mg (4.43%), Vitamin D: 0.54µg (3.57%), Fiber: 0.8g (3.19%), Folate: 8.59µg (2.15%)