



Piñata Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 ounces feta cheese divided crumbled
- ☐ 0.5 cup green onions sliced
- ☐ 2 teaspoons ground coriander
- ☐ 15.5 ounce golden hominy drained canned

- ☐ 1 cup onion chopped
- ☐ 4 7-inch pitas cut in half ()
- ☐ 12.3 ounce spicy tofu firm drained cut into 1-inch cubes
- ☐ 1.5 cups tomatoes chopped

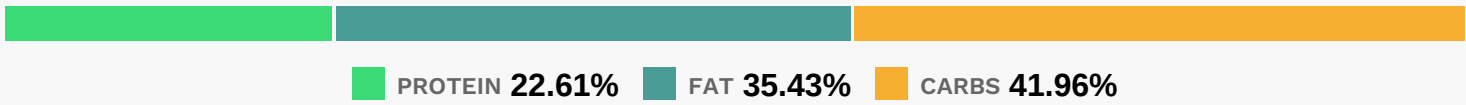
Equipment

- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add vinegar, hominy, beans, and tofu; saut 10 minutes. Stir in parsley, coriander, thyme, and pepper; saut 5 minutes.
- ☐ Remove from heat; stir in 1 cup cheese. Fill each pita half with 1/2 cup bean mixture; top each with 2 tablespoons cheese, 3 tablespoons tomato, and 1 tablespoon green onions.
- ☐ Note: 1 (25-ounce) can of whole-kernel corn, drained, may be substituted for hominy.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:11.29478253489%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 222.13kcal (11.11%), Fat: 8.85g (13.62%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 17.04g (6.2%), Sugar: 3.48g (3.86%), Cholesterol: 25.23mg (8.41%), Sodium: 726.69mg (31.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Fiber: 6.55g (26.21%), Calcium: 239.6mg (23.96%), Vitamin K: 20.42µg (19.45%), Vitamin B2: 0.33mg (19.43%), Phosphorus: 191.59mg (19.16%), Manganese: 0.29mg (14.62%), Iron: 2.52mg (14.02%), Folate: 54.79µg (13.7%), Zinc: 1.84mg (12.23%), Magnesium: 42.61mg (10.65%), Vitamin B6: 0.21mg (10.26%), Vitamin C: 8.37mg (10.14%), Selenium: 6.9µg (9.86%), Vitamin B1: 0.15mg (9.74%), Potassium: 318.36mg (9.1%), Vitamin A: 425.31IU (8.51%), Copper: 0.17mg (8.36%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.9mg (4.5%), Vitamin E: 0.3mg (1.97%)