



Pita Face

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

Ingredients

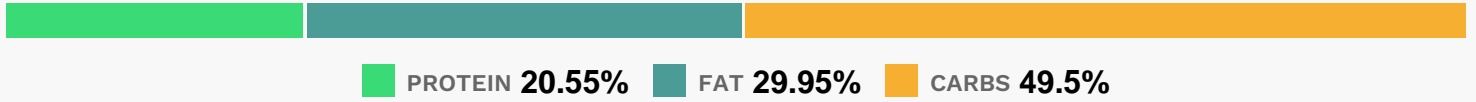
- 1 baby carrot
- 1 slice oscar mayer ham boiled
- 1 Tbsp miracle whip dressing
- 1 pita bread
- 1 polly-o mozzarella string cheese kraft
- 1 tomato wedge

Equipment

Directions

- Spread dressing onto pita bread.
- Decorate with ham, carrot and tomato to resemble a face, using cut-up ham for the eyes, the carrot for the nose and tomato for the mouth.
- Pull string cheese into thin strips; add to top of head for the hair.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:2.1965217020201%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 36.27kcal (1.81%), Fat: 1.22g (1.87%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.78g (0.86%), Cholesterol: 3.39mg (1.13%), Sodium: 102.69mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin A: 1123.02IU (22.46%), Vitamin B1: 0.04mg (2.69%), Manganese: 0.05mg (2.5%), Vitamin C: 2.05mg (2.48%), Vitamin B3: 0.38mg (1.89%), Fiber: 0.47g (1.89%), Potassium: 64.18mg (1.83%), Vitamin K: 1.78µg (1.69%), Phosphorus: 16.59mg (1.66%), Vitamin B6: 0.03mg (1.54%), Folate: 4.43µg (1.11%), Copper: 0.02mg (1.09%), Vitamin B2: 0.02mg (1.03%), Calcium: 10.34mg (1.03%), Magnesium: 4.07mg (1.02%)