



Red Grape & Tuna Salad Pita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



188 kcal

Ingredients

- ☐ 0.1 teaspoons pepper black
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup grapes red halved
- ☐ 1 tablespoon slivered almonds
- ☐ 3 ounces water (packed in water) drained
- ☐ 1 frangelico halved

Equipment

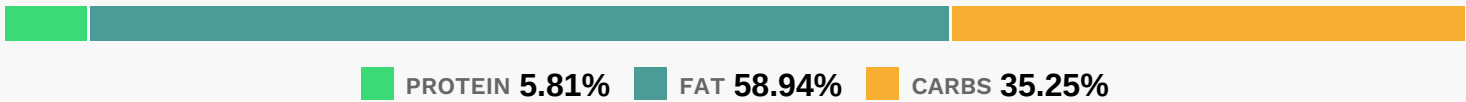
☐

bowl

Directions

- ☐ Combine first 7 ingredients (through pepper) in a small bowl. Toss gently.
- ☐ Serve in pita halves.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:6.1, Inflammation Score:-4, Nutrition Score:7.2034782845041%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 2.3mg, Eriodictyol: 2.3mg, Eriodictyol: 2.3mg, Eriodictyol: 2.3mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 188.14kcal (9.41%), Fat: 13.2g (20.31%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 15.33g (5.57%), Sugar: 12.52g (13.91%), Cholesterol: 0mg (0%), Sodium: 7.77mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin E: 3.88mg (25.87%), Manganese: 0.37mg (18.73%), Vitamin K: 16.25µg (15.47%), Vitamin C: 9.81mg (11.89%), Copper: 0.23mg (11.73%), Vitamin B2: 0.18mg (10.76%), Fiber: 2.44g (9.75%), Magnesium: 38.46mg (9.62%), Potassium: 264.81mg (7.57%), Phosphorus: 68.44mg (6.84%), Iron: 0.98mg (5.43%), Vitamin B1: 0.08mg (5.37%), Vitamin A: 264.6IU (5.29%), Calcium: 51.24mg (5.12%), Vitamin B6: 0.09mg (4.64%), Folate: 14.65µg (3.66%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.12mg (1.25%)