



## Roast Beef-Feta Pita Pockets

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

### Ingredients

- 0.7 cup cucumber seeded chopped
- 1 ounce feta cheese crumbled
- 4 leaf lettuce leaves green
- 0.3 cup ranch dressing light
- 6 ounces deli roast beef very thinly sliced
- 2 6-inch pitas whole wheat cut in half ( )

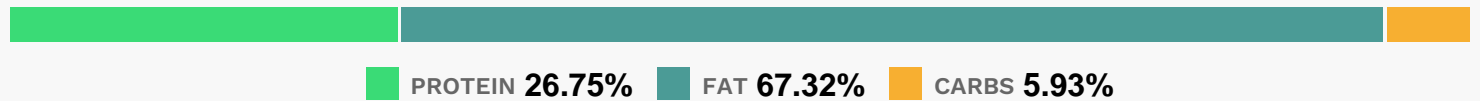
### Equipment

- bowl

## Directions

- Combine cucumber, dressing, and cheese in a small bowl; stir well.
- Place 1 lettuce leaf into each pita half; add 1 1/2 ounces roast beef to each pita pocket. Spoon cucumber mixture evenly into each pocket.
- Serve immediately.
- carbo rating: 20

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:8.195652147998%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 159.93kcal (8%), Fat: 11.96g (18.4%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.27g (1.41%), Cholesterol: 35.75mg (11.92%), Sodium: 903.81mg (39.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin K: 29.79µg (28.37%), Vitamin C: 19.94mg (24.17%), Vitamin B3: 3.27mg (16.33%), Calcium: 163.15mg (16.31%), Phosphorus: 149mg (14.9%), Vitamin B12: 0.88µg (14.61%), Zinc: 1.82mg (12.14%), Vitamin B6: 0.22mg (10.98%), Vitamin B2: 0.14mg (8.02%), Selenium: 4.86µg (6.94%), Iron: 1.07mg (5.95%), Potassium: 169.2mg (4.83%), Vitamin B5: 0.41mg (4.14%), Magnesium: 14.41mg (3.6%), Vitamin E: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.82%), Copper: 0.05mg (2.67%), Folate: 10.6µg (2.65%), Vitamin A: 127.52IU (2.55%), Manganese: 0.05mg (2.29%)