



## Roast Beef Gyro Sandwich

READY IN



10 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cucumbers english chopped
- 1 dash pepper black freshly ground
- 4 pita flatbreads greek-style
- 0.5 cup nonfat yogurt plain greek-style
- 7 oz oscar mayer deli slow roasted roast beef fresh
- 4 slices onion sweet
- 2 tomatoes cut into 4 slices

### Equipment

paper towels

microwave

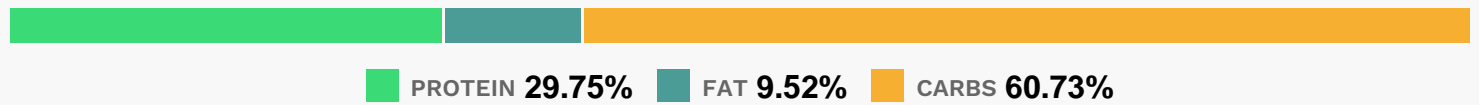
## Directions

Combine yogurt and cucumbers

Separate meat slices; place on microwaveable plate. Cover with paper towel. Microwave on HIGH 45 sec. or just until warmed; place on flatbreads.

Top with tomatoes, onions, pepper and yogurt mixture; fold in half.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:29.69, Inflammation Score:-6, Nutrition Score:13.053043324014%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

## Nutrients (% of daily need)

Calories: 247.27kcal (12.36%), Fat: 2.61g (4.01%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 35.26g (12.82%), Sugar: 4.78g (5.31%), Cholesterol: 28.89mg (9.63%), Sodium: 1074.73mg (46.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Vitamin C: 31.88mg (38.64%), Vitamin B3: 5.31mg (26.57%), Calcium: 258.12mg (25.81%), Phosphorus: 218.29mg (21.83%), Manganese: 0.37mg (18.47%), Zinc: 2.69mg (17.96%), Vitamin B12: 1.03µg (17.17%), Vitamin B6: 0.3mg (15.19%), Vitamin B1: 0.22mg (14.45%), Potassium: 456.51mg (13.04%), Vitamin B2: 0.2mg (11.98%), Iron: 2.08mg (11.54%), Vitamin A: 521.54IU (10.43%), Magnesium: 39.71mg (9.93%), Copper: 0.18mg (9.03%), Folate: 34.53µg (8.63%), Fiber: 2.13g (8.54%), Vitamin B5: 0.65mg (6.53%), Selenium: 4.52µg (6.45%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.34mg (2.25%)