



Roasted Vegetable Pitas with Sour Cream Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



158 kcal

Ingredients

- ☐ 1 cup pieces bell pepper green 1-inch
- ☐ 0.5 ounce feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 2 tablespoons nonfat cream sour
- ☐ 1.5 teaspoons olive oil
- ☐ 8 ounces onion cut into 8 wedges
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 Dash pepper
- ☐ 1 7-inch pita bread round halved
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 8 ounces tomatoes cut into 8 wedges
- ☐ 1 cup zucchini sliced

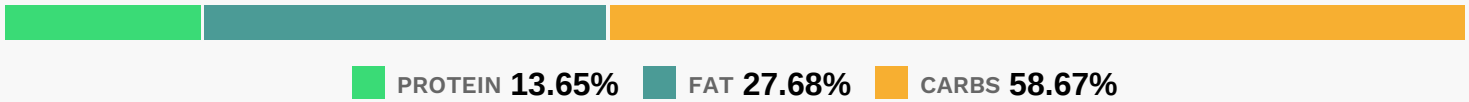
Equipment

- ☐ bowl
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well, and set aside.
- ☐ Combine zucchini and next 7 ingredients (zucchini through onion) in a medium bowl; toss gently. Spoon vegetable mixture onto a broiler pan coated with cooking spray. Broil 10 minutes or until tender and lightly browned, stirring occasionally.
- ☐ Divide vegetable mixture evenly between pita halves.
- ☐ Drizzle 2 tablespoons dressing over each sandwich.

Nutrition Facts



Properties

Glycemic Index:174.63, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:17.279130334439%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 25.79mg, Quercetin: 25.79mg, Quercetin: 25.79mg, Quercetin: 25.79mg

Nutrients (% of daily need)

Calories: 158.39kcal (7.92%), Fat: 5.25g (8.08%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 19.54g (7.11%), Sugar: 12.08g (13.43%), Cholesterol: 7.84mg (2.61%), Sodium: 420.59mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin C: 96.18mg (116.58%), Vitamin B6: 0.58mg (28.98%), Vitamin A: 1446.71IU (28.93%), Manganese: 0.56mg (28.24%), Potassium: 794.19mg (22.69%), Fiber: 5.52g (22.06%), Vitamin K: 22.78µg (21.7%), Folate: 66.89µg (16.72%), Phosphorus: 156.18mg (15.62%), Calcium: 139.51mg (13.95%), Vitamin B2: 0.24mg (13.86%), Vitamin B1: 0.2mg (13.13%), Magnesium: 49.43mg (12.36%), Copper: 0.21mg (10.61%), Vitamin E: 1.52mg (10.16%), Vitamin B3: 1.6mg (7.99%), Iron: 1.34mg (7.47%), Zinc: 1.08mg (7.18%), Vitamin B5: 0.59mg (5.89%), Selenium: 3.18µg (4.54%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.19µg (1.29%)