



Salad Niçoise in Pita Pockets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon capers
- ☐ 4 curly kale leaves
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 cup green beans fresh cut (1-inch) (4 ounces)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup niçoise olives pitted chopped (18 olives)
- ☐ 2 6-inch pita rounds whole wheat cut in half ()
- ☐ 0.5 teaspoon salt

- ☐ 12 ounce solid tuna in water white drained canned
- ☐ 1 tablespoon water

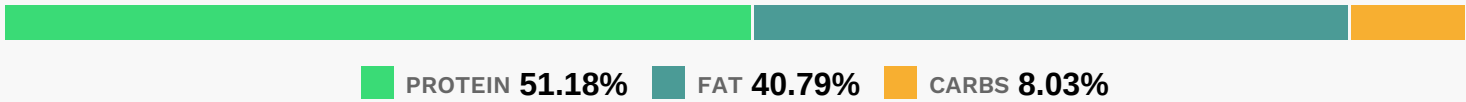
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine beans and water in a small microwave-safe bowl; cover with plastic wrap. Microwave at high 1 1/2 minutes or until beans are crisp-tender; drain. Rinse with cold water.
- ☐ Drain well; cool.
- ☐ Combine beans, olives, capers, and tuna.
- ☐ Combine oil, juice, and salt, stirring with a whisk.
- ☐ Pour oil mixture over tuna mixture; toss gently to coat.
- ☐ Line each pita half with 1 lettuce leaf; spoon about 1/2 cup tuna mixture into each lettuce-lined pita half.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:13.373913091162%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 165.33kcal (8.27%), Fat: 7.43g (11.44%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.17g (1.3%), Cholesterol: 35.72mg (11.91%), Sodium: 806.43mg (35.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Selenium: 56.45µg (80.65%), Vitamin K: 34.95µg (33.28%), Vitamin A: 1316.63IU (26.33%), Vitamin B3: 5.24mg (26.19%), Phosphorus: 200.95mg (20.09%), Vitamin B12: 1µg (16.58%), Vitamin B6: 0.24mg (12.13%), Vitamin E: 1.72mg (11.46%), Vitamin D: 1.7µg (11.34%), Magnesium: 39.03mg (9.76%), Potassium: 296.87mg (8.48%), Vitamin C: 6.23mg (7.55%), Iron: 1.35mg (7.49%), Manganese: 0.12mg (6.16%), Fiber: 1.32g (5.26%), Vitamin B2: 0.08mg (4.82%), Folate: 17.92µg (4.48%), Copper: 0.08mg (3.84%), Zinc: 0.52mg (3.47%), Calcium: 33.12mg (3.31%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.2mg (1.98%)