



Skinny Veggie Salad in a Pocket



Vegetarian



Vegan



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup to 3 sized squashes yellow chopped
- ☐ 0.8 cup broccoli chopped
- ☐ 0.7 cup plum tomatoes seeded chopped
- ☐ 2 tablespoons olives pitted ripe chopped
- ☐ 2 tablespoons parsley fresh snipped
- ☐ 0.3 cup salad dressing fat-free italian
- ☐ 0.8 cup .5 can cannellini beans rinsed drained (from a 19 oz can)
- ☐ 1.5 teaspoons spicy brown mustard

- ☐ 0.3 teaspoon salt
- ☐ 2 7-inch day old pita bread whole wheat

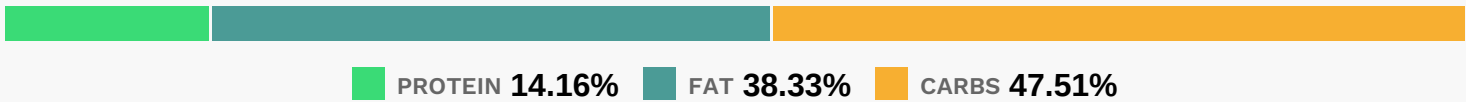
Equipment

- ☐ food processor
- ☐ bowl
- ☐ potato masher

Directions

- ☐ In a medium bowl, combine squash, broccoli, tomatoes, olives, and parsley; toss with 2 tablespoons salad dressing. Cover and chill for 2 to 24 hours.
- ☐ For hummus: In a food processor, combine cannellini beans, the remaining 2 tablespoons salad dressing, mustard, and salt. Cover and process until smooth and spreadable. (Or mash beans with a potato masher or fork. Stir in salad dressing and mustard.)
- ☐ Cut pita bread rounds in half crosswise; open pita halves to make pockets.
- ☐ Spread hummus inside each pita pocket. Spoon chilled vegetable mixture into pita pockets.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:8.3326085494912%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 85.62kcal (4.28%), Fat: 3.99g (6.14%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 7.99g (2.91%), Sugar: 3.6g (4.01%), Cholesterol: 0mg (0%), Sodium: 457.58mg (19.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin K: 61.91µg (58.96%), Vitamin C: 27.65mg (33.51%),

Vitamin A: 678.58IU (13.57%), Fiber: 3.13g (12.52%), Manganese: 0.15mg (7.68%), Iron: 1.28mg (7.1%), Potassium: 248.4mg (7.1%), Folate: 27.97µg (6.99%), Vitamin B6: 0.14mg (6.85%), Vitamin E: 0.87mg (5.83%), Calcium: 44.17mg (4.42%), Vitamin B2: 0.07mg (4.16%), Magnesium: 16.03mg (4.01%), Phosphorus: 37.54mg (3.75%), Vitamin B1: 0.05mg (3.37%), Copper: 0.06mg (2.96%), Vitamin B3: 0.56mg (2.78%), Selenium: 1.66µg (2.37%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.27mg (1.8%)