



Southwestern Turkey Pitas

READY IN



10 min.

SERVINGS



10

CALORIES



204 kcal

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 2 avocado pitted peeled sliced lengthwise
- ☐ 2 chipotles in adobo canned seeded finely chopped
- ☐ 0.5 cup pea-mond dressing
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 4 ounces monterrey jack cheese sliced
- ☐ 10 servings bell pepper
- ☐ 4 6-inch wholewheat pita breads whole-wheat halved
- ☐ 12 ounces deli- turkey thinly sliced

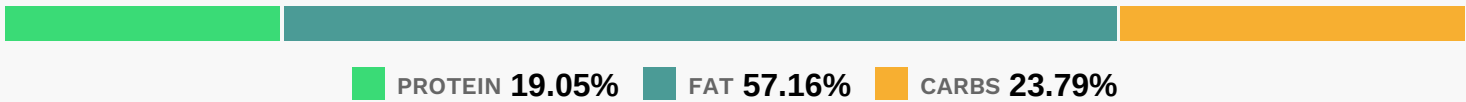
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ In a small bowl, combine mayonnaise, chilies, adobo sauce and lime juice. Season with pepper. Keep chilled until ready to serve. Makes about 1/2 cup. (The mixture may be made up to three days in advance.)
- ☐ Form pockets in halved pitas. Divide mayonnaise mixture in half and spread a spoonful deep inside each pocket. Divide turkey, cheese and avocado slices among pockets, tucking them inside. Divide sprouts among the pockets.
- ☐ Spread remaining mayonnaise on top. Wrap in foil and refrigerate.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:17.241739177186%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 203.89kcal (10.19%), Fat: 13.49g (20.76%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 7.49g (2.72%), Sugar: 4.7g (5.23%), Cholesterol: 28.55mg (9.52%), Sodium: 560.29mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Vitamin C: 100.34mg (121.63%), Vitamin A: 2490.36IU (49.81%), Vitamin B6: 0.48mg (23.93%), Folate: 89.01µg (22.25%), Fiber: 5.14g (20.58%), Vitamin B3: 3.93mg (19.65%), Phosphorus: 191.43mg (19.14%), Vitamin K: 18.59µg (17.71%), Vitamin E: 2.37mg (15.82%), Potassium: 519.87mg (14.85%), Vitamin B2: 0.21mg (12.64%), Calcium: 103.51mg (10.35%), Selenium:

6.83µg (9.75%), Vitamin B5: 0.97mg (9.68%), Manganese: 0.19mg (9.51%), Magnesium: 35.36mg (8.84%), Zinc: 1.23mg (8.2%), Vitamin B1: 0.1mg (6.81%), Copper: 0.13mg (6.38%), Iron: 1.09mg (6.08%), Vitamin B12: 0.22µg (3.67%)