



Southwestern White Bean Pita Pockets

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



348 kcal

Ingredients

- 4 boston lettuce leaves
- 30 ounce beans white organic divided rinsed drained canned
- 0.3 cup cucumber diced peeled seeded
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 small jalapeno minced seeded
- 1.5 tablespoons juice of lime divided
- 4 lime wedges

- 4 teaspoons olive oil extra-virgin divided
- 2 6-inch pitas cut in half ()
- 0.5 cup plum tomatoes diced
- 0.5 cup queso fresco crumbled
- 0.3 cup bell pepper diced red
- 3 tablespoons onion diced red
- 0.3 teaspoon salt divided

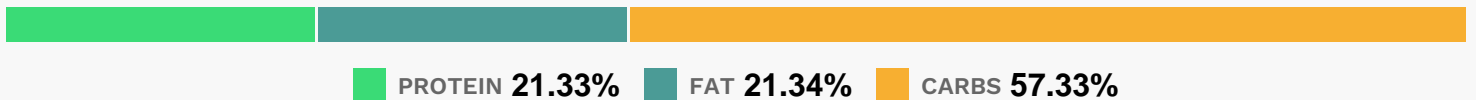
Equipment

- food processor
- bowl

Directions

- Combine 1 tablespoon lime juice, 2 teaspoons oil, cumin, 1/8 teaspoon salt, red pepper, and 1 cup beans in a food processor; process until smooth, scraping sides of bowl as needed.
- Place remaining 1 1/2 teaspoons lime juice, remaining 2 teaspoons olive oil, remaining 1/8 teaspoon salt, remaining beans, tomato, bell pepper, cucumber, red onion, cilantro, and jalapeo in a bowl; toss well to combine.
- Spread about 3 1/2 tablespoons processed bean mixture inside each pita half.
- Place 1 lettuce leaf, about 3/4 cup tomato mixture, and 2 tablespoons cheese inside each pita half.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:93.25, Glycemic Load:12.16, Inflammation Score:-9, Nutrition Score:22.833043689313%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.24mg, Hesperetin: 8.24mg, Hesperetin: 8.24mg, Hesperetin: 8.24mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 347.59kcal (17.38%), Fat: 8.52g (13.11%), Saturated Fat: 2.72g (17%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 39.71g (14.44%), Sugar: 3.28g (3.64%), Cholesterol: 10.52mg (3.51%), Sodium: 277.41mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Manganese: 1.2mg (60.19%), Fiber: 11.81g (47.22%), Folate: 164.82µg (41.2%), Iron: 7.06mg (39.21%), Vitamin C: 28.57mg (34.63%), Potassium: 1174.47mg (33.56%), Magnesium: 123.48mg (30.87%), Phosphorus: 277.67mg (27.77%), Copper: 0.55mg (27.36%), Vitamin K: 28.71µg (27.34%), Calcium: 263.56mg (26.36%), Vitamin A: 1275.25IU (25.5%), Zinc: 2.95mg (19.7%), Vitamin E: 2.88mg (19.17%), Vitamin B1: 0.25mg (16.84%), Vitamin B6: 0.28mg (13.82%), Selenium: 6.61µg (9.44%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.26µg (4.27%), Vitamin B3: 0.7mg (3.5%), Vitamin D: 0.41µg (2.74%)