



Spicy Summer Pita

READY IN



10 min.

SERVINGS



10

CALORIES



231 kcal

Ingredients

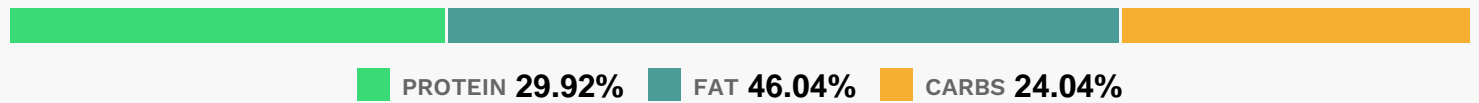
- 1 large cucumber cut into 24 slices
- 24 slices oscar mayer deli honey ham fresh
- 1 tsp chives fresh finely chopped
- 0.3 tsp garlic powder
- 1 tsp juice of lemon
- 1 cup lettuce shredded finely
- 0.3 cup yogurt plain low-fat
- 3 drops pepper sauce hot
- 4 pita breads whole wheat white

Equipment

Directions

- Mix yogurt, lemon juice, garlic powder, hot pepper sauce and chives until well blended.
- Spread each pita bread with 1 Tbsp. of the yogurt mixture; cover with 6 cucumber slices, 1/4 cup of the lettuce and 6 ham slices.
- Fold sandwiches in half to eat.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:10.538695760395%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 11.81g (18.16%), Saturated Fat: 4.13g (25.83%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 12.21g (4.44%), Sugar: 1.62g (1.8%), Cholesterol: 42.03mg (14.01%), Sodium: 905.52mg (39.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Selenium: 25.37µg (36.24%), Vitamin B1: 0.49mg (32.99%), Manganese: 0.43mg (21.51%), Phosphorus: 200.72mg (20.07%), Vitamin B3: 3.66mg (18.31%), Vitamin B6: 0.34mg (16.86%), Zinc: 2.02mg (13.44%), Vitamin B2: 0.19mg (11.11%), Potassium: 295mg (8.43%), Magnesium: 33.28mg (8.32%), Vitamin B12: 0.46µg (7.74%), Iron: 1.37mg (7.63%), Copper: 0.14mg (7.2%), Fiber: 1.66g (6.64%), Vitamin B5: 0.61mg (6.05%), Folate: 16.8µg (4.2%), Vitamin K: 4.3µg (4.09%), Vitamin D: 0.47µg (3.14%), Vitamin E: 0.4mg (2.69%), Calcium: 24.7mg (2.47%), Vitamin C: 1.62mg (1.97%), Vitamin A: 64.3IU (1.29%)