



TABASCO® Dill Cucumber Pita



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

Ingredients

- ☐ 1 medium cucumber peeled sliced
- ☐ 1 teaspoon optional: dill
- ☐ 3 Tablespoons mayonnaise
- ☐ 1 teaspoon all the tabasco sauce you handle red
- ☐ 2 large day old pita bread whole wheat cut in half

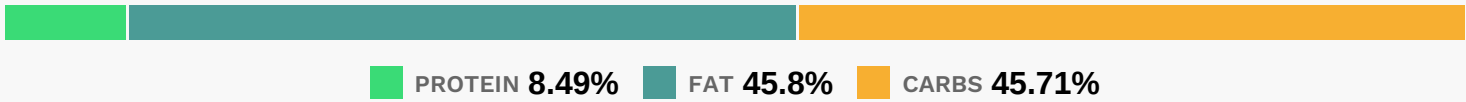
Equipment

- ☐ bowl

Directions

- ☐ Combine mayo, dill and Tabasco in small bowl
- ☐ Spread inside of each pita pocket with dill spread
- ☐ Stuff with cucumber slices
- ☐ Add a little more spread, if desired

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:6.65695658067%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.39kcal (8.07%), Fat: 8.49g (13.05%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 16.75g (6.09%), Sugar: 1.68g (1.87%), Cholesterol: 4.41mg (1.47%), Sodium: 228.85mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Manganese: 0.6mg (29.75%), Selenium: 14.37µg (20.53%), Vitamin K: 21.2µg (20.2%), Fiber: 2.31g (9.23%), Vitamin B1: 0.13mg (8.37%), Magnesium: 28.28mg (7.07%), Phosphorus: 70.48mg (7.05%), Copper: 0.13mg (6.54%), Iron: 1.12mg (6.21%), Vitamin B6: 0.11mg (5.64%), Folate: 18.86µg (4.71%), Vitamin B3: 0.93mg (4.65%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.59mg (3.93%), Vitamin E: 0.56mg (3.71%), Potassium: 126.46mg (3.61%), Vitamin C: 2.38mg (2.88%), Vitamin B2: 0.04mg (2.41%), Calcium: 12.81mg (1.28%)