



Tuna, Pickle, and Chopped-Vegetable Pita Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.5 cup apples i use 2 granny smith apples cored peeled chopped
- ☐ 2 cups lettuce red thinly sliced
- ☐ 3 tablespoons mayonnaise light
- ☐ 4 pita breads halved
- ☐ 3 tablespoons nonfat yogurt plain
- ☐ 1 bell pepper red chopped
- ☐ 0.5 cup onion sweet chopped (such as Vidalia)

- ☐ 0.5 cup toppings: such as pickles sweet drained chopped
- ☐ 6 ounce tuna in water drained canned

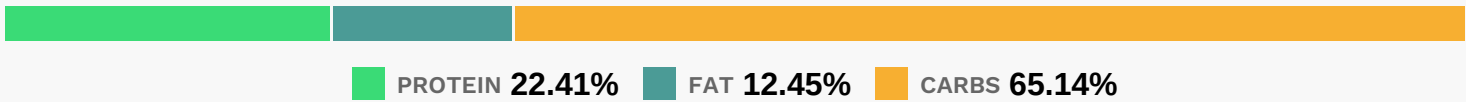
Equipment

- ☐ bowl

Directions

- ☐ Mix first 4 ingredients in small bowl. Season tuna mixture with salt and pepper.
- ☐ Mix bell pepper, onion, and apple in medium bowl.
- ☐ Add half of vegetable mixture to tuna mixture and stir to blend.
- ☐ Add vinegar to remaining vegetable mixture; toss to combine. Season vegetable mixture to taste with salt and pepper.
- ☐ Place 1/4 cup lettuce in each pita half. Spoon 1/8 of tuna mixture, then 1/8 of vegetable mixture into each pita half.
- ☐ Place 2 pita halves on each of 4 plates and serve.
- ☐ Per serving: calories, 304; total fat, 5 g; saturated fat, 1 g; cholesterol, 17 mg
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:30.01, Inflammation Score:-9, Nutrition Score:16.721739105556%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 267.67kcal (13.38%), Fat: 3.67g (5.65%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 43.2g (14.4%), Net Carbohydrates: 40.47g (14.72%), Sugar: 8.98g (9.98%), Cholesterol: 17.29mg (5.76%), Sodium: 585.65mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin C: 40.55mg (49.15%), Vitamin A: 2167.74IU (43.35%), Selenium: 29.99µg (42.84%), Vitamin K: 36.22µg (34.5%), Vitamin B3: 5.84mg (29.18%), Vitamin B12: 1.18µg (19.74%), Manganese: 0.38mg (19%), Phosphorus: 160.12mg (16.01%), Vitamin B6: 0.3mg (15.04%), Vitamin B1: 0.21mg (14.07%), Calcium: 109.78mg (10.98%), Fiber: 2.73g (10.92%), Iron: 1.94mg (10.79%), Folate: 41.35µg (10.34%), Vitamin B2: 0.17mg (10.24%), Potassium: 333.97mg (9.54%), Magnesium: 36.7mg (9.17%), Copper: 0.15mg (7.43%), Zinc: 1.06mg (7.08%), Vitamin E: 0.96mg (6.42%), Vitamin B5: 0.54mg (5.41%), Vitamin D: 0.51µg (3.4%)