



Tuna-Pickle Pitas

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



322 kcal

Ingredients

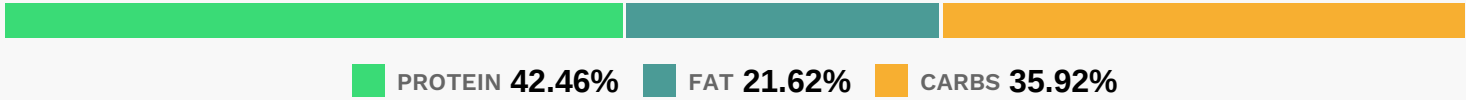
- ☐ 1 cup carrots shredded
- ☐ 0.3 teaspoon celery seed
- ☐ 1 tablespoon the dressing
- ☐ 4 6-inch wholewheat pita breads cut in half to form pockets (es in diameter)
- ☐ 2 tablespoons pickle relish sweet
- ☐ 6 oz water-packed tuna light drained canned

Equipment

Directions

- ☐ Mix all ingredients except pita breads.
- ☐ Spoon tuna mixture into pita bread halves.

Nutrition Facts



Properties

Glycemic Index:143.83, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:29.289564982704%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 322.17kcal (16.11%), Fat: 7.74g (11.91%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 24.89g (9.05%), Sugar: 18.19g (20.21%), Cholesterol: 67.79mg (22.6%), Sodium: 862.37mg (37.49%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 34.21g (68.42%), Vitamin A: 21856.38IU (437.13%), Selenium: 116.28µg (166.12%), Vitamin B3: 18.31mg (91.56%), Vitamin B12: 4.39µg (73.1%), Vitamin K: 52.95µg (50.43%), Vitamin B6: 0.73mg (36.62%), Phosphorus: 295.37mg (29.54%), Iron: 3.82mg (21.22%), Potassium: 733.87mg (20.97%), Fiber: 4.06g (16.24%), Magnesium: 59.7mg (14.93%), Manganese: 0.29mg (14.71%), Vitamin B2: 0.24mg (13.99%), Vitamin E: 2.08mg (13.86%), Vitamin D: 2.04µg (13.61%), Zinc: 1.57mg (10.44%), Vitamin B1: 0.15mg (10.22%), Vitamin C: 8.03mg (9.74%), Copper: 0.18mg (9.06%), Calcium: 87.47mg (8.75%), Folate: 33.07µg (8.27%), Vitamin B5: 0.64mg (6.4%)