



Turkey and Arugula Roll-Up Pita Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 slices deli turkey
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons cranberries dried
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon pistachios chopped

- ☐ 1 4-inch wholewheat pita breads whole-wheat
- ☐ 0.1 teaspoon salt

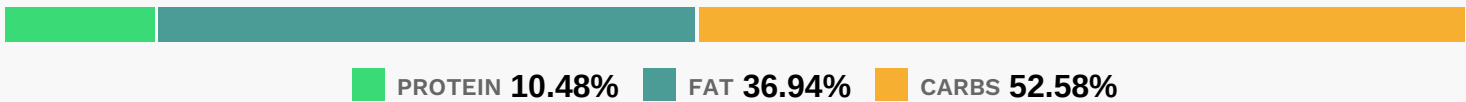
Equipment

- ☐ whisk

Directions

- ☐ Whisk olive oil, balsamic vinegar, Dijon mustard, salt and pepper; toss with arugula. Divide salad atop turkey slices.
- ☐ Sprinkle each with dried cranberries and chopped pistachios.
- ☐ Roll up turkey; stuff into pita.

Nutrition Facts



Properties

Glycemic Index:261, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:9.6643478766732%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 238.26kcal (11.91%), Fat: 10.35g (15.93%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 33.15g (11.05%), Net Carbohydrates: 29.85g (10.85%), Sugar: 26.05g (28.94%), Cholesterol: 7.68mg (2.56%), Sodium: 653.35mg (28.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin K: 49.98µg (47.6%), Vitamin A: 985.24IU (19.7%), Manganese: 0.38mg (18.86%), Fiber: 3.3g (13.21%), Phosphorus: 125.43mg (12.54%), Vitamin E:

1.86mg (12.39%), Copper: 0.22mg (10.99%), Folate: 43.26µg (10.81%), Magnesium: 40.57mg (10.14%), Potassium: 318.44mg (9.1%), Calcium: 86.89mg (8.69%), Vitamin B6: 0.17mg (8.63%), Iron: 1.53mg (8.5%), Vitamin C: 6.5mg (7.88%), Vitamin B1: 0.1mg (6.61%), Zinc: 0.65mg (4.31%), Selenium: 2.54µg (3.63%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.3mg (3.01%), Vitamin B3: 0.44mg (2.18%)