



Turkey and Hummus on Pita

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



451 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups alfalfa sprouts
- 1 medium cucumber peeled thinly sliced
- 2 cups water prepared (chickpea spread)
- 4 pita pockets whole wheat cut in half
- 2 plum tomatoes ripe thinly sliced
- 12 ounces roasted turkey sliced

Equipment

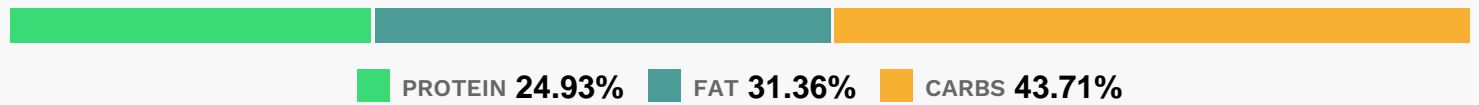
- oven

toaster

Directions

- Heat pita halves in toaster oven or a warm oven until warmed through and pliable.
- Spread inside of each half evenly with 1/4 cup hummus.
- Layer on a few slices of turkey, some cucumber slices, a couple of tomato slices and some sprouts. Press lightly to close up a little bit.
- Serve with carrot sticks or your favorite chips on the side.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:27.784347762232%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 450.5kcal (22.52%), Fat: 16.4g (25.23%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 39.68g (14.43%), Sugar: 3.18g (3.53%), Cholesterol: 43.48mg (14.49%), Sodium: 772.86mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Manganese: 2.03mg (101.39%), Selenium: 40.82µg (58.32%), Fiber: 11.75g (47.02%), Copper: 0.93mg (46.53%), Phosphorus: 454.44mg (45.44%), Vitamin B6: 0.81mg (40.54%), Magnesium: 153.85mg (38.46%), Vitamin B3: 7.18mg (35.88%), Folate: 142.06µg (35.51%), Vitamin B1: 0.48mg (31.78%), Iron: 5.55mg (30.82%), Zinc: 4.43mg (29.53%), Potassium: 662.49mg (18.93%), Vitamin B2: 0.27mg (15.84%), Vitamin B5: 1.34mg (13.35%), Vitamin B12: 0.74µg (12.28%), Vitamin K: 10.63µg (10.12%), Vitamin C: 6.87mg (8.33%), Vitamin A: 384.31IU (7.69%), Calcium: 75.88mg (7.59%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.18µg (1.21%)