



Turkey, Cheese & Veggie Pitas

READY IN



15 min.

SERVINGS



4

CALORIES



120 kcal

Ingredients

- 2 cups baby spinach leaves packed
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 0.5 cup cucumbers chopped
- 20 slices oscar mayer deli honey turkey breast smoked fresh
- 2 large green onions sliced
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 4 6-inch pita breads whole wheat cut in half ()

Equipment

- bowl

Directions

- Fill pita halves with turkey.
- Combine next 4 ingredients in medium bowl.
- Add mayo; toss lightly.
- Spoon into pita halves.

Nutrition Facts

PROTEIN 33.28% **FAT 49.79%** **CARBS 16.93%**

Properties

Glycemic Index:26.5, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:11.241739073525%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 119.96kcal (6%), Fat: 6.76g (10.4%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.59g (1.76%), Cholesterol: 28.05mg (9.35%), Sodium: 645.46mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin K: 103.63µg (98.7%), Vitamin A: 1689.58IU (33.79%), Phosphorus: 175.81mg (17.58%), Calcium: 131.01mg (13.1%), Folate: 43.02µg (10.76%), Manganese: 0.19mg (9.3%), Vitamin C: 7.1mg (8.6%), Magnesium: 31.79mg (7.95%), Copper: 0.15mg (7.53%), Selenium: 4.86µg (6.94%), Zinc: 1.04mg (6.93%), Potassium: 237.56mg (6.79%), Iron: 1.14mg (6.31%), Vitamin B2: 0.11mg (6.21%), Vitamin E: 0.64mg (4.29%), Fiber: 0.83g (3.33%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.15µg (2.5%), Vitamin B1: 0.03mg (2.12%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.22mg (1.08%)