



Turkey-Cucumber Pita

READY IN



10 min.

SERVINGS



10

CALORIES



6 kcal

Ingredients

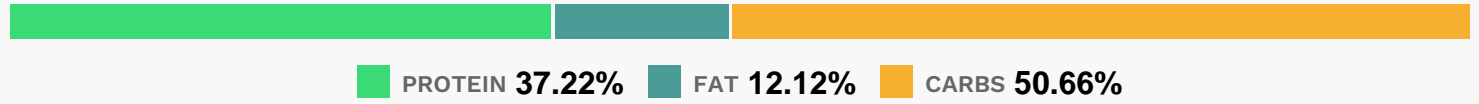
- 4 slices cucumber
- 4 slices oscar mayer deli turkey breast smoked fresh
- 1 romaine leaves
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing
- 2 slices tomatoes
- 1 6-inch pita bread whole wheat ()

Equipment

Directions

- Spread bread with dressing.
- Top with lettuce, turkey, tomatoes, 2% Milk Singles and cucumbers.
- Fold in half to serve.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:0.63086956261617%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 6.01kcal (0.3%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.43g (0.48%), Cholesterol: 1.18mg (0.39%), Sodium: 52.22mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin A: 225.9IU (4.52%), Vitamin C: 1.26mg (1.53%), Phosphorus: 10.36mg (1.04%)