



Turkey-Vegetable Pita

READY IN



10 min.

SERVINGS



1

CALORIES



252 kcal

Ingredients

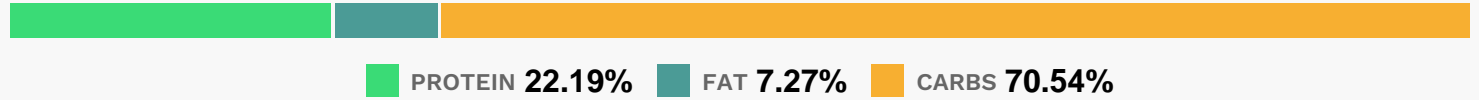
- 4 slices cucumber thin
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 Tbsp miracle whip dressing light
- 0.5 cup pepper strips green
- 2 slices onion red thin
- 1 tomatoes cut into 4 slices
- 1 pita bread whole wheat cut in half

Equipment

Directions

- Spread insides of pita halves with dressing.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:20.909564951192%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 252.08kcal (12.6%), Fat: 2.17g (3.34%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 40.27g (14.64%), Sugar: 10.67g (11.85%), Cholesterol: 16.8mg (5.6%), Sodium: 944.07mg (41.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Vitamin C: 79.72mg (96.63%), Manganese: 1.26mg (63.1%), Selenium: 24.81µg (35.44%), Fiber: 7.13g (28.54%), Phosphorus: 271.38mg (27.14%), Vitamin A: 1332IU (26.64%), Vitamin B6: 0.46mg (23.08%), Copper: 0.43mg (21.75%), Potassium: 702.28mg (20.07%), Vitamin B1: 0.3mg (19.96%), Magnesium: 78.74mg (19.68%), Vitamin K: 18.14µg (17.28%), Iron: 2.97mg (16.51%), Folate: 54.74µg (13.69%), Vitamin B3: 2.72mg (13.61%), Zinc: 1.67mg (11.1%), Vitamin E: 1.3mg (8.64%), Vitamin B5: 0.75mg (7.5%), Vitamin B2: 0.1mg (6.09%), Calcium: 44.75mg (4.47%)