



Veggie Burger Pitas

READY IN



25 min.

SERVINGS



4

CALORIES



182 kcal

Ingredients

- ☐ 12.8 oz vegetable burgers frozen (4 burgers)
- ☐ 1 medium bell pepper green cut into thin strips
- ☐ 1 medium onion cut into thin slices
- ☐ 3 oz mushrooms fresh sliced
- ☐ 1 serving pam original flavor shopping list
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 2 6-inch wholewheat pita breads cut in half to form pockets (es in diameter)
- ☐ 4 leaves red-leaf lettuce red
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 2 tablespoons cream fat-free sour

- ☐ 1 tablespoon cucumber chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped

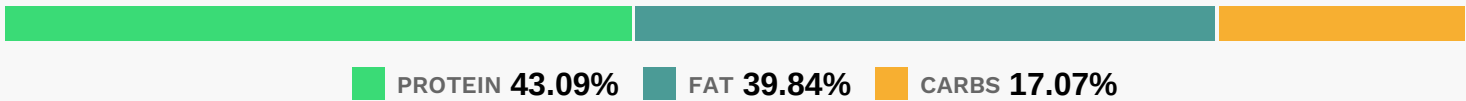
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray.
- ☐ Place burgers on one side of pan.
- ☐ Place bell pepper, onion and mushrooms on other side of pan. Spray vegetables with cooking spray for about 3 seconds; sprinkle with seasoned salt.
- ☐ Bake 10 minutes.
- ☐ Remove mushrooms from pan. Turn burgers and vegetables; bake 5 to 8 minutes longer or until vegetables are tender and burgers are hot.
- ☐ In small bowl, mix topping ingredients.
- ☐ Spread topping on insides of pita bread halves. Fill each pita bread half with lettuce, burger and vegetables.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:7.4952173168245%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 182.01kcal (9.1%), Fat: 7.69g (11.84%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 5.91g (2.15%), Sugar: 3.18g (3.53%), Cholesterol: 65.96mg (21.99%), Sodium: 300.09mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Vitamin C: 27.23mg (33.01%), Vitamin A: 1490.68IU (29.81%), Vitamin K: 28.11µg (26.77%), Iron: 1.37mg (7.62%), Vitamin B2: 0.13mg (7.41%), Vitamin B6: 0.14mg (7.11%), Manganese: 0.12mg (6.23%), Fiber: 1.51g (6.04%), Potassium: 209.18mg (5.98%), Copper: 0.11mg (5.44%), Vitamin B3: 1.01mg (5.07%), Folate: 19.38µg (4.85%), Phosphorus: 44.35mg (4.43%), Vitamin B1: 0.06mg (4.18%), Vitamin B5: 0.42mg (4.17%), Calcium: 40.86mg (4.09%), Selenium: 2.71µg (3.88%), Magnesium: 11.05mg (2.76%), Zinc: 0.28mg (1.84%)