



Veggie Burger Pitas

READY IN



25 min.

SERVINGS



4

CALORIES



184 kcal

Ingredients

- ☐ 1 tablespoon cucumber chopped
- ☐ 1 tablespoon dill dried fresh chopped
- ☐ 3 oz mushrooms fresh sliced
- ☐ 1 medium bell pepper green cut into thin strips
- ☐ 4 leaves red-leaf lettuce red
- ☐ 1 medium onion cut into thin slices
- ☐ 2 6-inch wholewheat pita breads cut in half to form pockets (es in diameter)
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 2 tablespoons cream fat-free sour

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12.8 oz vegetable burgers frozen (4 burgers)

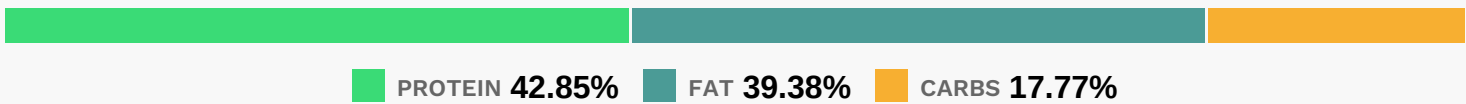
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450F. 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:45.25, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:7.9065218269825%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 183.67kcal (9.18%), Fat: 7.71g (11.86%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.18g (3.53%), Cholesterol: 65.96mg (21.99%), Sodium: 301.58mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Vitamin C: 27.52mg (33.36%), Vitamin A: 1526.84IU (30.54%), Vitamin K: 28.11µg (26.77%), Iron: 1.73mg (9.62%), Vitamin B6: 0.15mg (7.74%), Manganese: 0.15mg (7.65%), Vitamin B2: 0.13mg (7.52%), Potassium: 233.25mg (6.66%), Fiber: 1.61g (6.44%), Copper: 0.11mg (5.62%), Calcium: 54.03mg (5.4%), Vitamin B3: 1.03mg (5.17%), Phosphorus: 48.35mg (4.84%), Folate: 19.23µg (4.81%), Vitamin B1: 0.07mg (4.38%), Vitamin B5: 0.42mg (4.17%), Selenium: 2.71µg (3.88%), Magnesium: 14.38mg (3.59%), Zinc: 0.3mg (1.99%)